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ABSTRACT

The official rules and officiating techniques for women's flag football and speedball are covered in this guide book. (JD)

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NAGWS guide

National Association for Girls & Women in Sport

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
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Flag Football

Speedball

JUNE 1978 – JUNE 1980

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NAGWS guide

Flag Football
Speedball

JUNE 1978 – JUNE 1980

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NATIONAL ASSOCIATION FOR GIRLS
& WOMEN IN SPORT

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Editorial Comment

WHAT?

A FLAG FOOTBALL-SPEEDBALL GUIDE?

WHAT HAPPENED TO SOCCER?

What's up? It's a changing time for girls and women in sport and the National Association for Girls and Women in Sport (NAGWS) is changing. Many of you have been expressing concerns for years regarding patterning of *Guides*. Well, these voices became stronger and this is one result. The rapid growth of soccer necessitated a separate *Guide* that could reflect rules changes as well as officiating materials yearly. This change will permit us flexibility in adding to the 1980-82 edition of the *Flag Football and Speedball Guide*. Marjorie S. Larsen may grant us permission to print Speed-A-Way rules! Touch football rules may be in the offing as well!

What do you think? Let us know your reactions to these changes. It is our hope to expand NAGWS services to better meet the needs of all teachers, coaches and officials. So contact any NAGWS officer, members of the Guides and Rules Committees, the Guide Coordinators, or write:

NAGWS Executive Secretary
AAHPER
1201 Sixteenth Street, N.W.
Washington, DC 20036

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FOREWORD

CAROLE A. OGLESBY
NAGWS President

On behalf of the National Association for Girls and Women in Sport, it is a pleasure to communicate (even if indirectly) with *you*, the people who utilize NAGWS *Guides*. We are proud of our *Guide* publications. Now, and through the long GWS "herstory," the *Guides* have been the products of individuals with sport expertise and a deep dedication to the good of those who play. This is the timeless promise of these little books.

We are very proud of you, too. Your efforts have kept girls and women's sport programs alive through the lean years and are now providing the energy and direction for the fastest growth of sport programs ever. Your continued use of the *Guides* provides support to the entire range of activities in which NAGWS is involved on behalf of you and girls and women everywhere.

With commitment to those who play: in *that* we never change.

Interest and participation in sports have expanded by leaps and bounds at all age levels. Such expansion has resulted in a demand for more knowledgeable and better qualified people to work with these highly interested, motivated and skilled individuals. This *Guide* is designed to assist instructors, coaches and officials in facilitating the growth of quality sport programs at the elementary, and collegiate levels, as well as in non-school settings. You will find a wide range of articles written by outstanding coaches, officials, instructors and competitors. In addition, official rules, officiating techniques, study questions, tournament information and an updated list of audiovisual aids and references are included. We hope you will find this NAGWS *Guide*, as well as others covering 20 additional sports, of value. Your input is invited.

PAT SHERMAN
NAGWS
Guide Coordinator

NATIONAL ASSOCIATION FOR GIRLS AND WOMEN IN SPORT

The National Association for Girls and Women in Sport is a nonprofit, educational organization designed to serve the needs of participants, teachers, coaches, leaders and administrators in sports programs for girls and women. It is one of seven associations of the American Alliance for Health, Physical Education, and Recreation.

Purpose

The purpose of the National Association for Girls and Women in Sport is to foster the development of sports programs for the enrichment of the life of the participant.

Beliefs

The National Association for Girls and Women in Sport believes that:

Sports are an integral part of the culture in which we live.

Sports programs are a part of the total educational experience of the participant when conducted in educational institutions.

Opportunities for instruction and participation in sports appropriate to her skill level should be included in the experience of every girl.

Sports skills and sports participation are valuable social and recreational tools which may be used to enrich the lives of women in our society.

Competition and cooperation may be demonstrated in all sports programs, although the type and intensity of the competition and cooperation will vary with the degree or level of skill of the participants.

An understanding of the relationship between competition and cooperation and the utilization of both within the accepted framework of our society is one of the desirable outcomes of sports participation.

Physical activity is important in the maintenance of the general health of the participant.

Participation in sports contributes to the development of self-confidence and to the establishment of desirable interpersonal relationships.

Functions

The National Association for Girls and Women in Sport promotes desirable sports programs through:

1. Formulating and publicizing guiding principles and standards for the administrator, leader, official, and player.
2. Publishing and interpreting rules governing sports for girls and women.
3. Providing the means for training, evaluating, and rating officials.
4. Disseminating information on the conduct of girls and women's sports.
5. Stimulating, evaluating, and disseminating research in the field of girls and women's sports.
6. Cooperating with allied groups interested in girls and women's sports in order to formulate policies and rules that affect the conduct of women's sports.
7. Providing opportunities for the development of leadership among girls and women for the conduct of their sports programs.

STANDARDS IN SPORTS FOR GIRLS AND WOMEN

Standards in sports activities for girls and women should be based upon the following:

1. Sports activities for girls and women should be taught, coached, and officiated by qualified women whenever and wherever possible.
2. Programs should provide every girl with a wide variety of activities.
3. The results of competition should be judged in terms of *benefits to the participants* rather than by the winning of championships or the athletic or commercial advantage to schools or organizations.

Health and Safety Standards for Players

Careful supervision of the health of all players must be provided by–

1. An examination by a qualified physician
2. Written permission by a qualified physician after serious illness or injury
3. Removal of players when they are injured or overfatigued or show signs of emotional instability
4. A healthful, safe, and sanitary environment for sports activity
5. Limitation of competition to a geographical area which will permit players to return at reasonable hours; provision of safe transportation.

General Policies

1. Select the members of all teams so that they play against those of approximately the same ability and maturity.
2. Arrange the schedule of games and practices so as not to place demands on the team or player which would jeopardize the educational objectives of the comprehensive sports program.
3. Discourage any girl from practicing with, or playing with, a team for more than one group while competing in that sport during the same sport season.
4. Promote social events in connection with all forms of competition.

SOURCES OF INFORMATION AND SERVICE

All requests for information about services should be addressed to: Executive Secretary, National Association for Girls and Women in Sport (NAGWS), AAHPER, 1201–16th Street, N.W., Washington, D.C. 20036.

NATIONAL COACHES COUNCIL

The National Coaches Council was formed by the NAGWS to:

(1) provide a channel of direct communication among coaches at all educational levels
(2) assist in the formulation and dissemination of guiding principles, standards and policies for conducting competitive sports programs for girls and women
(3) keep members informed of current coaching techniques and trends
(4) sponsor clinics and conferences in sports and coaching skills
(5) provide input from coaches to USCSC sports committees and representative assembly
(6) promote cooperative efforts with other sports-centered organizations
(7) provide a united body for positive political action in the realm of girls and women's athletics.

Academies for 10 sports have been established. (Note the application blank for specific listings.) Membership in each Academy is open to any coach of girls or women's sports or any interested person. Annual dues for AAHPER members are $5.00 for one Academy. Non-AAHPER members pay $15.00 annually for membership in one sport Academy. Membership for each additional Academy is $2.00. The $10.00 non-membership fee may be applied at any time toward AAHPER membership.

Get involved . . . JOIN NOW.

Sports Academies of the NATIONAL COACHES COUNCIL

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Please send AAHPER membership information: _____ yes _____ no

NAGWS SPORTS GUIDES COMMITTEES INTEREST INDICATOR

The NAGWS Sport Guide Committee is endeavoring to broaden its base of personnel and to strengthen services to *Guide* readers. The purpose of this form is to offer readers an opportunity to join us in meeting this need. Please complete this form and send it to the Associate Guide Coordinator-elect, Mary Beth Cramer, Penn State University, White Building, University Park, PA 16802.

Name_____

Professional Address_____

City_____ State_____ ZIP Code_____

1. Check the Sport Committee(s) which would be of interest to you:

___Aquatics	___Fencing	___Soccer
___Archery	___Field Hockey	___Softball
___Badminton	___Flag Football	___Speedball
___Basketball	___Golf	___Squash
___Bowling	___Gymnastics	___Synchronized Swimming
___Competitive Swimming	___Lacrosse	___Team Handball
___Cross-country Track	___Orienteering	___Tennis
___Cross-country Skiing	___Racquetball	___Track and Field
___Diving	___Skiing	___Volleyball
		___Water Polo

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3. Would you consider submitting an article to a Guide Committee as a prospective author? ___Yes ___No
   Possible topic or title_____
4. Can you suggest topics for articles which you would like to have included in future *Guides?* (Please indicate sport.)_____
5. Are there others whom you would recommend for consideration as possible committee members or authors? Please indicate below. (Use additional paper, if necessary.)

   Name_____ Sport(s)_____

   Professional Address_____

   City_____ State_____ Zip Code_____

   Sports Committee Member ☐ Prospective Author ☐ (Check one)

Flag Football

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Introduction

As a profession we are now entering an era where participation in non-contact football-type activities for girls and women is becoming more pre-dominate and acceptable. We have an obligation as the official rules and guide committee for flag football to set appropriate standards of play in accordance with the NAGWS philosophy.

Those of us directly involved in the instructional, intramural, and interscholastic flag football programs have a responsibility and unique opportunity to set the tone for and give direction to those programs. We must provide our guidance and contribute our expertise to help insure that the *Guide* effectively meets the needs and interest of our students.

If we do not accept the challenge, the organizations that are developing flag football programs outside the educational arena will set the guideline. The future of our programs rests with you.

In response to the many suggestions and recommendations from interested physical educators and participants, the rules committee has made several revisions. Two of the major revisions include shortening the distance required to earn a first down and allowing the ball carrier a controlled spin to avoid the removal of the flag.

The rules committee also has incorporated rules which cover the loss of a flag, the illegal grounding of the ball and the penalties incurred during conversion plays. All of the revisions and/or clarifications for the 1978-80 *Flag Football Guide* have been shaded for easy identification.

With the advent of Title IX many of our educational institutions are including coed flag football as part of their instructional and intramural programs. In response to this trend the guide committee has selected several articles which focus on the different types of programs being conducted and the various rules being employed in coed flag football programs.

With the growth of coed participation in our schools and colleges, it appears that there is a need to provide a standardized set of rules. Therefore, I believe it is our responsibility to help provide the guidance necessary for the development and implementation of standards of play and conduct for coed flag football activities.

Sheri Lynn Holand, Chairperson
NAGWS Flag Football Guide

NAGWS FLAG FOOTBALL GUIDE AND RULES COMMITTEE* 1976-1978

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NAGWS FLAG FOOTBALL GUIDE AND RULES COMMITTEE* 1978-1980

MARY DORMITROVITZ, *Chairperson*, Pennsylvania State University, University Park, PA 16802

*Current *Guide* material was prepared by the 1976-78 Guide Committee. Material for the 1980-82 *Guide* will be prepared by the 1978-80 Committee.

"Stockmarket" for Football

DIANNE RAYNOR

Dianne Raynor, teacher and coach at Roosevelt Junior High School, Modesto, California, received her B.A. degree from California State College at Stanislaus. Dianne has developed a slide-tape and cassette presentation covering the basic skills and rules of flag football (listed in the Guide*). Dianne is currently the CWCA Regional Director-Elect for 1977-78 and has been actively involved in the California Polytechnic Physical Education Workshops for the past two years.*

WHAT	An educational game designed to challenge young people to learn flag football rules.
ORGANIZATION	Flag Football teams set up in class.
MATERIALS	List of Flag Football Questions-Betting Sheets (one for each team). These can be done on a ditto master and run for convenience. Money is colored construction paper cut into rectangular pieces with each color representing one denomination: $5, $10, $20, $25, and $50.
OBJECTIVE	The players place bets (points) on their ability to correctly answer questions (complete the scrimmage) on flag football.
PERSONNEL	Scorekeeper (student) Head Timer (student) Referee or Banker (recommend instructor)
PROCEDURES	Each team selects a treasurer and secretary and enters the names of all team members on their betting sheet. Each team is given an envelope with $25 inside. Teams may never bet more than one-half of their present earnings (points). The players bet on their ability to correctly answer questions. These questions are "scrimmages" and their earnings or losses are "points." If the answer is wrong (incomplete play) the referee (banker) takes from that team the amount bet (points). If the team answers correctly (complete play) the referee pays the team the amount bet (points). The teams

must be ready with an answer 25 seconds after the question is asked. If they are not ready after 25 seconds a penalty is called (too much time in the huddle) and the referee collects $5.00 from that team (5 yard penalty). Penalties may be called at any time by the referee. If the team is unnecessarily rowdy, call an unsportsmanlike conduct penalty ($15.00 = 15 yards). On the other hand, if the team is really working well together a bonus may be given. The timekeeper times the huddle and the scorekeeper notes team earnings (points) on the chalkboard.

The order of play is as follows

1. Bets are placed by each team.
2. The referee (banker) reads a question. The official timer times the 25 second huddle while the team determines an answer (executes the play).
3. The referee (banker) watches for any overtimes in huddles and awards penalties where needed.
4. Referee checks each team's answer individually and pays off or collects penalties.
5. After all collections and payments have been made new bets are placed for the next "scrimmage."

Scrimmages continue until close to the end of the class. At this time double jeopardy or overtime can be called. During this period of play all teams total their earnings (points) and report totals to the scorekeeper. Each team now has a choice to make in their huddle (25 seconds).

1. Whether to bet on the next scrimmage or stay where they are in the standings.
2. If they bet on this final scrimmage the bet must be all their winnings (points). If they successfully answer the question (complete the play) their winnings (points) are doubled. If the play is unsuccessful (incomplete) all points are lost.

My classes have had a great deal of fun with "Stockmarket." It has been good on rainy days, as review, and as initial learning with

rule handouts as guides. The teams can sit in circles on the floor of the locker room or around tables and desks. It has been challenging for my students as well as fun; I hope it will be for yours. Have an enjoyable season!

BETTING SHEET

Amt.	Answer

Treasurer_____ _____

Secretary_____ _____

Team_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Coed Flag Football in the Elementary School

DENISE LOPEZ

Denise Lopez received her bachelor's degree in physical education from California Polytechnic State University, San Luis Obispo where she played for two years in the Women's Intramural Flag Football League. She is at present the physical education specialist and intramural coordinator at Westgate Elementary School in Kennewick, Washington.

Coed flag football has become a game of intense skill and sophistication at the elementary school level. The activity is offered as part of the intramural sports program which is an extension of the established physical education curriculum within the school.

The objectives of the program are to provide opportunities for skill development, rule awareness, and game play. The participants are able to exercise their skills and knowledge of the game as competitors, scorekeepers, and officials. Providing opportunities for the students to take part in all phases of the game satisfies a variety of the students' needs and contributes toward increased enrollment in the flag football program.

Officials and Scorekeepers

Student officials and scorekeepers can be the key to an efficient and successful coed flag football program. Fourth and fifth grade boys and girls are very capable of comprehending the rules of the game. Many students find officiating to be more of a challenge than being a competitor on the field.

The student officials assume the duties of the umpire and linesman and carry out the responsibilities described in the *NAGWS Flag Football Guide.* In addition, the officials are responsible for the following.

1. Check the schedule on the bulletin board for game assignments.
2. Bring out the equipment: 24 flags, 12 pennies, 2 kicking tees, 4 red handkerchiefs, 4 whistles, 3 footballs.

The scorekeepers follow the duties stated in the *Guide* and are also responsible for: clipboards, score cards, clock, taking role, keeping track of first downs, timers.

Selecting Teams

The purpose of the team selection process is to allow each player to experience the leadership role as a captain. It also gives the players an opportunity to work with a variety of team members.

At the start, the intramural coordinator places the participants on teams. Each team selects their own captain and a team name. The coordinator meets with the captains to inform them of the rules and the captains share the information with their teams.

At the end of the round robin tournament, the intramural coordinator selects new captains from the winning team based on their attendance and participation. The new captains take a look at the intramural roster and select their team members under the supervision of the coordinator. The new teams are posted on the intramural bulletin board. Team names are chosen and another round robin tournament is started.

The extent of the flag football program depends on the season of the year and the weather. Not all of the participants will be able to be a captain during the flag football season, but the team selection process carries over into the other intramural sports throughout the year.

Rule Modifications

The rules for the coed flag football program are in accordance with the *NAGWS Flag Football Guide*. With a few rule modifications fourth and fifth grade boys and girls are able to devise and execute their own offensive and defensive plays. For example, within a series of downs, the offensive team is allowed to carry out a maximum of two running and two passing plays in order to achieve a first down.

The limitations placed on the offense automatically encourage a variation of plays. The ball changes hands more often and helps increase participation in the key plays of the game. This simple modification provides more opportunities for the competitors to experience the duties of the various offensive and defensive positions.

Teamwork and Screening (Blocking)

In non-contact flag football, teamwork is a very important factor. In order to execute the plays successfully, it becomes necessary for all team members to carry out their responsibilities.

Blocking is the most difficult skill for the players to develop. Knowing which direction the play is going and which player needs to be screened out involves a great deal of concentration and teamwork. Through active participation in the game, the competitors are able to master this skill. They soon realize what an important role

screening plays in competitive flag football and therefore learn how to maneuver their bodies in order to successfully block out their opponents.

Visual Aids

An attractive and informative bulletin board is an effective means of communicating the highlights of the flag football program. The students find it interesting to read and are always eager to find out the latest happenings in the sporting event.

The youngsters are always excited to see their names on the board on the intramural roster, teams, captains, team names, team standings, schedule of officials and scorekeepers, and so on. The board could include captions describing the sporting event of the program. The bulletin board also displays various flag football rules to enhance the students' knowledge of the game.

Participation

The success of the coed flag football program greatly depends upon student participation. In the past, the flag football program catered to the needs of the boys, but in the coed program both boys and girls are actively involved in the game.

Educating the players as to the importance of teamwork and providing a learning experience in which they can improve their skill is the basis for a strong coed program. The students become aware of each other's capabilities and are able to coordinate their talents into the offensive and defensive positions of the game. The players demonstrate through successful plays, that cooperation is important in order to function effectively as a team.

The participants enjoy the game because everyone is an active member of the team. Team spirit is of utmost importance and their enthusiasm is shared with fellow students which has led to an influx of participants in the flag football program.

Unlike other sports, coed flag football is full of excitement and action because all of the boys and girls are actively involved in every play of the game. At the elementary school level this can generate a realm of enthusiasm to help establish a successful coed flag football program.

Teaching Flag Football to Future Teachers

MARY ATCHISON

Mary Atchison received her B.S. degree from Southern Illinois University at Carbondale and her M.S. degree at Eastern Illinois University where she is currently teaching in both the general activity and the professional preparation programs. She has also done additional graduate work at Indiana State University in Terre Haute.

Teaching physical education majors how to play and teach flag football can be a challenging and difficult task due to the variance of knowledge and skill in the sport. Some students are not even aware of the basic terminology while others have played it for some time.

The course I have taught in flag football is a technique and theory class in our professional program. There are usually between 30 and 40 students in each class. The class meets in a two hour block for half of a semester.

Daily Progression

First Day

1. Distribute sheets explaining requirements of course.
2. Give a general explanation of the game, including such things as field markings, equipment, number of players on a team, zones, length of game, tie game, and time outs.
3. Running drill: beginning at the endline, sprint to the 25 yard line, jog back to the endline, sprint to the 50 yard line, jog back to the endline. Repeat this procedure until the entire field has been covered.
4. Explain the skill of passing. Include in the discussion the importance of a proper grip and the differences in a football pass as compared to other types of throws.
5. Explain the technique of resolving a pass thrown at different heights and angles from the quarterback.
6. Passing drill: face partner and pass ball back and forth. Turn your back to your partner and receive an over the shoulder pass.
7. Explain the fouls which can be called on a forward pass.
8. Explain and demonstrate the hook right and hook left pass patterns.

DRILL: EXECUTION OF HOOK PASS PATTERN

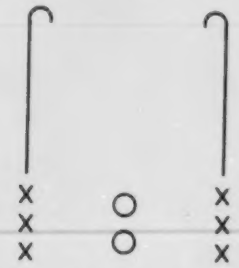


Figure 1.

"O" is the passing line and "X" is the receiving line. The receivers to left of the passer execute a hook right and the other line of receivers perform a hook left.

Second Day

1. Running drill: on a whistle all students run straight ahead, on the next whistle they run to the right, on next whistle they run straight ahead, and on the next to the left. This pattern is run the length of the field.
2. Review passing and the execution of the hook pass patterns.
3. Introduce the square in and square out pass patterns.

PASS PATTERNS

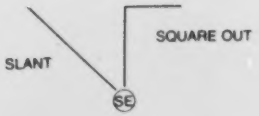


Figure 2.

4. Explain the pocket pass. Emphasize the importance of at least two blockers moving together to form a shield for the passer.

5. Explain the go or up pass pattern.

POCKET PASS

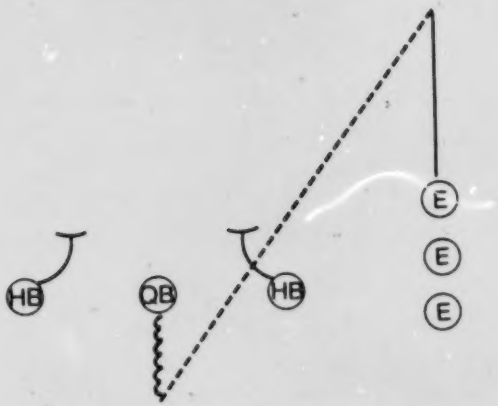


Figure 3.

6. The quarterback drops back into the pocket, plants rear foot and throws a pass to right end, who executes a go or fly pass pattern.

7. Explain the art of detaching flags and the rules governing the wearing and pulling of flags.

8. The passer and receivers are located on the endline and the defensive backs are positioned on the 20 yard line. The quarterback passes to an end who executes any one of the three preceding pass patterns. The receiver earns one point by successfully crossing the 20 yard line. The defensive corner backs receive one point if the receiver's flag is detached before crossing the 20 yard line.

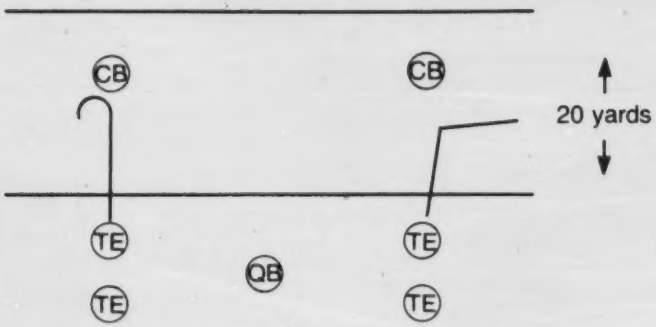


Figure 4.

9. Explain centering and discuss the rules governing it. Emphasize the placement of the ball to the quarterback so it is in the proper position to be thrown. Demonstrate the hand position of the center and the quarterback in order to receive the snap.
10. Practice centering with a partner.
11. Explain an end cross pass pattern. Work in groups of six using centering, the pocket pass, and the end cross pass pattern.

Third Day

1. Warm up using any of the previous drills.
2. Demonstrate and explain the punt. Tell the players how the game is started, the rules concerning the kick off, scrimmage kick, and the fouls occurring on both.
3. Drill: punt the ball back and forth between partners.
4. Explain the roll out for the pass and practice it with any of the pass patterns learned.

ROLL OUT PASS

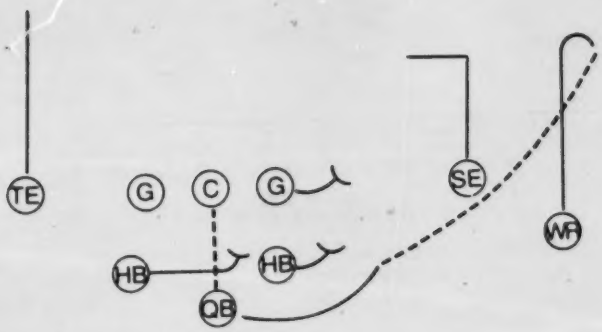


Figure 5.

5. Explain the post pass pattern.
6. Drill: in groups of five the center snaps the ball, the quarterback may use the pocket and/or the roll out, and the receivers run a post pattern.

GAME: PASS INTERCEPTION

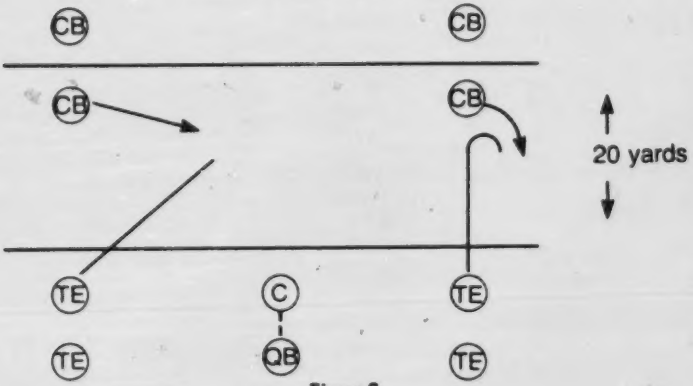


Figure 6.

7. The receivers may use any pass pattern. The offense scores one point for a pass completion. The defense scores one point for a pass that is knocked down or deflected, and two points for a pass that is intercepted. The passer must release the ball within six seconds.

Fourth Day

1. Warm up using any pass pattern.
2. Explain the flag pattern.
3. Explain the hand off and the rules governing it. Practice the hand off in groups of four, with a center, a quarterback, and two backfield players.
4. Explain and demonstrate the positions of the offense and defense.
5. Explain the two different stances (upright and three point).
6. Discuss the rules concerning blocking, scrimmage plays, downs, illegal substitution, dead ball, out of bounds, personal contact, and unsportsmanlike conduct.
7. Explain and demonstrate the reverse hand off. Practice in groups of four.
8. Play a scrimmage game with six offensive and defensive players.

Fifth Day

1. Explain and practice a slant in and slant out pass pattern.
2. Explain and practice a double reverse hand off.
3. Explain the techniques of officiating and the duties of each official.
4. Play a game.

Sixth Day

1. Warm up by practicing skill test items.
   a. Catching—students choose their own quarterback and receive five passes while executing a square in or square out pattern. The receiver must run at least 10 yards and catch the pass on the run. Each catch is worth 2 points, a touch and drop is 1 point, and an incomplete pass scores no points. The final score is the total of 10 passes.
   b. Punting—each person is given three trials and the best kick is scored. One point is given for each 2 yards kicked and 5 extra points are awarded for accuracy if the ball lands between flags spaced at a specified distance.
   c. Throwing for distance—each person is allowed 3 throws with the best one recorded. Each yard passed is worth 1 point.
2. Review and practice a flag and a post pass pattern.
3. Explain and practice a bootleg play.
4. Practice playing and officiating.

Seventh Day
1. Warm up by practicing the skill test items.
2. Explain and practice a pitch out.
3. Review all the pass patterns.
4. Play games and emphasize officiating techniques.

Eighth Day
1. Warm up by practicing the skill test items.
2. Explain and practice a quarterback sneak.
3. Play games and practice officiating techniques.

Ninth Day
1. Warm up using skill test items.
2. Explain and practice a screen play.
3. Practice playing and officiating.

Tenth and Eleventh Days
Skill tests: divide the class so some are playing and officiating while the others are being tested.

Twelfth – Fifteenth Days
Play the game while students are being graded on officiating. Each student is graded at each official position, therefore, you can only grade about eight officials per day.

Summary

You can make various changes in this outline to fit your needs. Since my students are in a major program, I have had them teach various plays and drills relative to what has been taught in the previous class. At the present time we do not have sports officiating classes so this material is also covered in the technique and theory classes. I think it is beneficial to them because they have to study the rules thoroughly which gives them a better understanding of the game.

Rule Modifications for Coed Flag Football

THOMAS W. DISON

Thomas Dison received his B.A. degree from the University of California, Davis and M.S. degree in Recreation Administration from California State University, Sacramento. He is currently assistant director of recreational sports at the University of Texas at Austin. His responsibilities include administration of the coed intramural program.

Coed flag football is an activity that is gaining increasing popularity among intramural programs around the country. While the basic rules of flag football are maintained, certain modifications must be implemented to equalize competition. At the same time, such modifications can provide additional enjoyment and excitement to the activity. Among the rule alterations employed at the University of Texas are those pertaining to the number of players per team and advancement of the ball.

Number of Players Per Team

While NAGWS rules allow nine players per team in women's football, we have settled on six players per team as a good number for coed play. This decision was based on observations during our inaugural year of coed football when teams were comprised of eight members, four men and four women. Games seemed to be slow with the vast majority of teams generating little or no offense. For the following season, we decided teams would be limited to three men and three women, under the assumption that four fewer players on the field would open up the opportunity for more offense. The six per side combination fulfilled its objective as the scoring output of all teams increased tremendously. Since most participants have more fun when their team is scoring points, this development produced an enthusiastic atmosphere that was absent during the initial year of the sport.

Advancement Restrictions

The purpose of modifying rules on advancement of the ball is to equalize competition and get all participants involved in the game. Many times in coed activities we see someone dominating competition so much that other participants are excluded from

play. Recognizing that women's exposure to participation in football may not be as great as men's, we implemented rules to correct this discrepancy. At the same time, however, most basic rules of the game are followed to avoid the dominance of either sex.

Ball advancement modifications are in three primary areas: running the ball, the passing game, and punting the ball.

1. Running the ball: advancement of the ball from behind the line of scrimmage in coed play is limited to women only. However, there are no advancement restrictions on men once they have obtained possession beyond the line of scrimmage. This modification has had the effect of involving women in key offensive positions—any time a team wants to attempt a running play, a woman must be handling the ball as it passes the scrimmage line. However, so as not to upset the balance of involvement, once the scrimmage has been penetrated, a lateral may be made to either sex who can advance the ball without restrictions.
2. The passing game: the passer in coed football may be either male or female. However, the receivers are restricted by the following circumstances.
   a. A male passer may only complete passes to female receivers.
   b. Female passers may complete forward passes to either sex with no advancement restrictions (remember, men cannot penetrate the line of scrimmage).

   Again, these modifications offer alternatives to teams that will always put both sexes in key offensive roles, and therefore, involve everyone in the game.
3. Punting the ball: a punt can be made by either sex, but advancement of the ball from reception of a punt is restricted by the following circumstances.
   a. Male punt receivers cannot advance the ball from their first point of contact, but may move backwards or laterally.
   b. A female punt receiver may advance the ball without restriction in any direction. If, however, she laterals to a male teammate, he cannot advance from the point of reception.

Except for these rule modifications, our coed flag football program remains fairly consistent with NAGWS regulations. Basic rules concerning wearing of flags, screen blocking, 20 yard zone markings, and use of an intermediate size ball are all maintained in coed play.

The effect of the rule variations has been to generate a wide open, offensive-minded game that differs in many respects from the style of play found in men's and women's football. Teams are obliged to develop plays and strategies that conform to the rules and have done

so with a degree of sophistication and imagination that makes coed football as exciting to watch as play. With these simple alterations, flag football can become a successful coed activity that involves all team members in every aspect of the game.

Flag Football Rules Adapted for a Coed Program

CAROL THIEME

Carol Thieme earned her B.S. degree from Springfield College, Springfield, Massachusetts, and her M.A. from the University of Colorado, Boulder. She has taught in Yorktown Heights, N.Y. and is now the assistant intramural coordinator at the University of Colorado.

The University of Colorado currently runs a coed flag football intramural program during the fall semester each year. Over the past few years changes have been made in the rules to better meet the needs of the participants.

Originally the rules were similar to those in which a pass must be made from behind the line of scrimmage and only one forward pass was allowed per down. Also, a team had four downs to advance the ball through one 10 yard area on the field. There were no stipulations about women in team play and often the men seemed to dominate the game. Consequently revisions have been made to better accommodate the coed players. Eight players constitute a coed team with four men and four women in alternating positions. Our game consists of two halves with each half consisting of 25 plays. The conversion does not count in the allotted 25 plays.

Advancing the Ball

A series of six downs is allowed to move the length of the field to score a touchdown. Failure to score in six downs results in forfeiture of the ball. A pass may be made by any player from any point on the field when the ball is in play. Any player is eligible to receive a pass, which may be thrown in any direction and in any manner. There is no limit to the number of passes during a play. Women are allowed to pass to any team member, but men may pass only to women. A woman must handle the ball on every play in some position other than center. They may advance the ball as far as possible by running. Men, however, are limited in the advancement of the ball. If a man receives the ball behind the line of scrimmage, he can advance the ball no farther than ten yards beyond the line of scrimmage before he must pass to a woman or the play stops. However, if a man receives a pass across the line of scrimmage, he may advance the ball as far as possible. On an incomplete pass the ball is dead and is put in play at the point from which the pass was attempted.

Blocking

There is no physical blocking allowed. The offensive player must stand fast and the defensive player must go around. Players may block by body position only; arms may not be used in screening other players.

Playing the Game

The offensive team has 25 seconds to put the ball in play. The defensive team must line up three yards from the line of scrimmage until the ball is snapped. On the sixth down the offense has the option to run the play or punt the ball. They must tell the officials and the defensive team which option they have selected.

The person making an interception or returning a punt may advance the ball as far as possible and may pass the ball.

Scoring

A touchdown counts six points plus one point after the touchdown if the ball is run across the goal. Two points are awarded if the ball is passed for a conversion, and two points are awarded for a safety. If a woman receives or throws a touchdown pass or runs with the ball for a touchdown it counts nine points. For the conversion the ball is spotted on the five yard line (the defense still must line up three yards from the line of scrimmage).

These changes from the more conventional flag football rules have been made for a variety of reasons. Passing from anywhere on the field makes a much more open game and involves more people. In the past, the quarterback, halfbacks, and ends were much more involved in the game action and the rest of the players seldom handled the ball. It was found with open passing that more people can handle the ball and actually take an active part in the game. Before, the defense would tend to converge on the ball carrier or eligible pass receivers; however, with an open passing game the players spread out to cover all the potential receivers.

With no blocking there was a rush on the quarterback making it difficult for a pass play. This problem has been alleviated by moving the defense back three yards from the line of scrimmage, giving more time for a play to develop. Likewise, not everyone can go after the person with the ball because this would leave the field wide open for multiple passes.

Previously, on many teams the men were dominating play. This has been changed by the point differentiation in scoring touchdowns, and the rule involving women in every play. The game becomes more of a team game as all players become more equally involved. Alternating positions also equalizes play in that power plays

become more difficult to execute. Using eight players on a side gives each team an equal number of men and women and also allows more people to play.

Six downs to move the length of the field are used because the openness of the game means more yardage gains during play. It would be too easy to score a touchdown if downs started over every time there was a 10 yard gain.

Our present rules are different from the regulation rules, but they seem to be working well for us. The rule adaptations evolved from input by the participants and supervisors. Other minimal changes may be made in the rules as the needs of the participants change.

For a complete copy of the coed flag football rules used at the University of Colorado, send a self addressed stamped envelope to: Carol Thieme, Student Recreation Center, University of Colorado, Boulder, Colorado 80303.

A Passing Game

FRANCES TOMLIN DUDENHOEFFER

Coordinator for the Division for Intramural-Recreational Sports at New Mexico State University in Las Cruces, New Mexico.

Flag football is by nature a passing game yet it is rare to see the pass used effectively in women's games. The players appear to understand the value of the pass but, they lack skill in throwing and catching the football. Girls and women are still not being taught these basic skills in their physical education classes. Perhaps this lack of instruction can be attributed to the woman teacher's own inexperience. After all, girls have not, until recent years, had much reason to play football.

There are many opinions about how to throw a football and this can be confusing, so here are a few pointers that may help.

1. Use the proper sized ball. Most girls and women do not have hands sized for regulation balls. The junior football is best.
2. Grasp the ball toward one end with the fingertips on the lacing.
3. Using proper body position, bring the ball past the ear with the elbow up and proceed as in any other throw.
4. For a spiral, snap the wrist on release and allow the ball to roll off the fingers.
5. Remember to adjust body rotation and backswing of the ball to the distance the ball is to be thrown. Short, quick passes are often more effective than the long "bomb" pass.
6. Aim the throw slightly ahead of the receiver.

Another pass to develop is the lateral–a two-handed toss at waist height to a trailing teammate. It can be made anywhere on the field by any player. An interesting offensive strategy is a short pass from the quarterback with the receiver immediately lateralling the ball directly back to the quarterback.

The ability to catch the ball is as important as the pass. Two factors must be emphasized–receipt of the ball and being in the right place at the right time. The catch is best when made on the run. This will require good timing and clear understanding of the patterns to be run. That means *practice*. The catch itself is made by: turning slightly toward the passer while still on the run; reaching for the ball but keeping the elbows slightly flexed; receiving the ball with both hands, using the fingers to control the ball; on contact, pulling the ball into the body and continuing to run. When passing plays are combined with running plays, the options for the offense are increased, offensive strategy becomes less predictable to the defense, and first-downs begin to multiply.

Flag Football Visual Aids

Compiled by ANNIE LEE JONES and
JO WALDMAN

Loop Film

BFA Educational Media. Super 8mm loop, color. Films on football skills. Distributor: BFA Educational Media, 2211 Michigan Ave., Santa Monica, California 90404

16mm Film

Waldman, Jo. 20 min., sound on cassette, 1973. Rental, $10. Distributor: Jo Waldman, 1797 Niobe Ave., Anaheim, California 92804. Written portion of this master's thesis project available from California State University Interlibrary Loan, Long Beach, California 90901

Slide-Tape

Raynor, Dianne M. Designed for junior high school level. Color slides with 20 minute tape narration on cassette. Covers basic skills as well as rules. *1976 NAGWS Guide.* Distributor: Dianne M. Raynor, 1625 Brentwood Court, Modesto, California 95350. Fee: $10

Educational Resources Information Center (ERIC)

Microfilm

King, Kathy. *Girls Touch Football, Physical Education Authorized Course of Instruction for the Quinmaster Program.* Dade County Public Schools, Miami, Florida. 1971 ERIC Document Reproduction Service, ED 095 113.

Martin, Stephen L. *Comparison of Injuries Between Flag and Touch Football.* University of Hawaii. 1975 ERIC Document Reproduction Service, ED 109 127.

Savage, William H. *Physical Education for High School Students: A Book of Sports, Athletics, and Recreational Activities for Teen-Age Boys and Girls.* National Education Association, Washington, D.C. 1970. ERIC Document Reproduction Service, ED 079 294.

Flag Football Bibliography

Compiled by ANNIE LEE JONES and
JO WALDMAN

Books

Aeuna, Augie L., and Wilson, Porter. *Flag Games for Young and Old.* Tucson, Arizona: Flag-A-Tag Co., 1968

Marciani, Louise M. *Touch and Flag Football a Guide for Players and Officials.* Cranbury, New Jersey: A.S. Barnes and Co., Inc. 1976

Magazines

Heckathorn, Ruth. "Splendor in the Grass–Rally Round the Flag, Persona." *WomenSports,* October 1975, pp. 32-33

Rokosz, Francis M. "Touch Football at Wichita State." *Journal of Health, Physical Education, and Recreation,* October 1974, pp. 79-80

OFFICIAL FLAG FOOTBALL RULES FOR GIRLS AND WOMEN

The Game

Note: Changes and/or additions have been indicated by shading.

Flag football is a game played by two teams of nine players each. The object of the game is to score touchdowns by running or passing the ball over the opponent's goal line.

RULE 1. PLAYING FIELD AND EQUIPMENT

Sec. 1 The official field shall be a rectangular area 100 yards long and 50 yards wide. The long lines shall be called sidelines and the shorter lines endlines.

Sec. 2 The goal lines on an official size field shall be 10 yards from the endlines.

Sec. 3 The field shall be divided into eight equal zones 10 yards apart. The center line shall be marked in the center of the field and the two quarter lines shall be marked equidistant from the center line and the goal lines.

Sec. 4 Conversion lines shall be marked 3 yards from each goal line equidistant from each sideline.

Sec. 5 Inbound lines shall be broken lines drawn 15 yards from and parallel to each sideline.

Sec. 6 Equipment

a. The ball shall be an intermediate size football.

b. Two flags must be worn by each player. Flags for each team shall be of contrasting color and shall be worn on each side of the body hanging freely from the waist in such a manner that they may be easily detached when pulled by an opponent. Flags shall be 3 inches wide and 14-20 inches long.

Q1. May a player attach one of her flags in front and the other at her back?

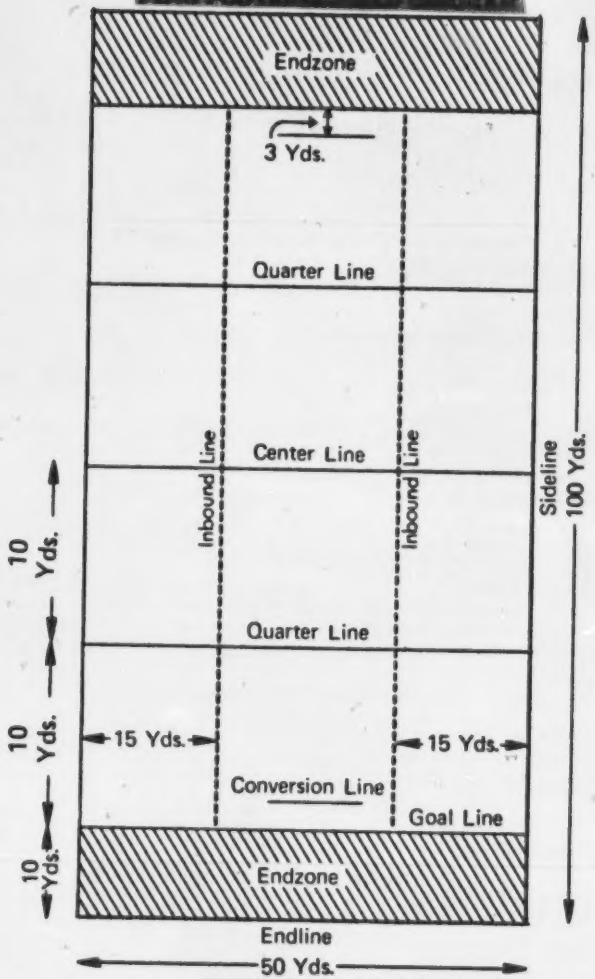
A. No. The flags must be worn on each side of her body.

c. There shall be a down marker with down numbers on it which is placed or held on the sideline opposite the line of scrimmage to indicate the down.

d. There shall be a clearly visible marker which indicates where a series of downs begins.

RULE 2. OFFICIALS

Sec. 1 The basic officials for a game shall be a referee, umpire, linesman, field judge, and scorekeeper. (See signals, outside back cover.)


Endzone
3 Yds.
Quarter Line
Center Line
Quarter Line
Inbound Line
Inbound Line
Sideline
100 Yds.
10 Yds.
10 Yds.
10 Yds.
15 Yds.
15 Yds.
Conversion Line
Goal Line
Endzone
Endline
50 Yds.

Q1. May more than the specified number of officials be used in a game?

A. Yes. The five listed are considered a minimum; other officials, such as an additional linesman, may be used if they are available.

Sec. 2 General Information

a. Each official should carry a red handkerchief and drop it whenever an infraction of the rules occurs.
b. Each official should know and use the proper arm signals.
c. The officials may remove any player from the game for unsportsmanlike conduct and/or unnecessary roughness without prior warning.
d. The officials shall decide what procedure should be followed in the event that a situation not covered by these rules should arise.

Sec. 3 The referee shall:

a. Be the official in charge of the game.
b. Prior to the game:
   1. Inspect the playing field to see that it is safe and properly marked.
   2. Approve the game ball.
   3. Call the team captains together for the coin toss and explanation of any ground rules.
   4. Place the ball on the quarter line and signal the start of the game.
c. During the game:
   1. Administer all penalties.
   2. Explain to the captain any option to which she may be entitled following a foul.
   3. After suspension of play, place the ball where play is to resume, announce down and indicate by arm signal that the ball is ready for play.
   4. Signal time-out when necessary.
   5. Assume a position behind the offensive team during play. Watch the play near the ball.
   6. Indicate all first downs and scores by the appropriate arm signal.
d. After the game:
   1. Sign the scorebook and announce winner of the game.

Sec. 4 The umpire shall:

a. Assist the referee in calling fouls and making decisions when requested.

b. Assume a position behind the defensive team. Watch the line of scrimmage for fouls until ball is centered.
c. Call rules infractions on down field play.
d. See that timing devices are in order and that the scorer and field judge understand their duties.

Sec. 5 The linesman shall:
a. Keep an accurate count of downs and shall move the down marker at the referee's signal.
b. Pace off the 3 yard neutral zone and indicate the restraining line by his position.
c. Watch the line of scrimmage for offsides and any illegal motion prior to the centering of the ball.
d. Time the 25-second count.

Sec. 6 The field judge shall:
a. Be provided with a whistle, a clock and a stopwatch.
   1. The clock shall be used to time the game.
   2. The stopwatch shall be used to time the time-outs.
b. Sound whistle to indicate end of each quarter.
c. Start and stop watch at the referee's signal.
d. Be prepared to call down-field fouls.
e. Assume a position on the opposite side of the field from the linesman.

Sec. 7 The scorekeeper shall:
a. Record the names of players and substitutes for each team.
b. Keep accurate account of all points scored and all first downs earned by each team.

RULE 3. PLAYERS

Sec. 1 The Teams
a. Players and Positions
   1. A team shall consist of nine players and any number of substitutes. A team must have at least nine players to start the game. If a team has no substitutes and a player is disqualified, the team must play short. If at any time so many players are disqualified that the team has less than seven players available, that team must default the game.
   2. [illegible]

3. The defensive team shall line up in any fashion so that no player is closer than 3 yards.

b. The Captains
   1. Each team shall have a captain on the playing field at all times.

Q1. Must a substitute report to scorer and umpire when entering the game?

A. No. Provided that the player's name is entered on the official scoresheet, she may enter the game without reporting to an official.

   2. The captain or coach shall furnish the scorekeeper with the names of all players and substitutes at least two minutes prior to the start of the game.
   3. The captain shall be the representative of her team in deciding whether to accept or decline penalties.
   4. The captain may address an official only on matters of interpretation or to obtain essential information.

c. Substitutes
   1. Substitutes may enter the game any time the ball is dead.
   2. A player may substitute any number of times.
   3. A player who is disqualified shall not reenter the game.

RULE 4. DEFINITION OF TERMS

Centering—The act of putting the ball in play from the ground by handing or passing the ball between the feet of the center to a backfield player. (Snap or hike)

Default—

a. A game is considered defaulted when a team fails:
   1. To appear for a scheduled game.
   2. To be ready for play within 15 minutes after the time the game is scheduled to begin.
   3. To be ready for play within 1 minute at the beginning of the second half or after time-out has been taken for any reason.
   4. To play after being instructed to do so by the referee.
   5. To have nine players to start play and at least seven to continue play.

b. Score of the defaulted game. If the game is in progress the score stands at the point of termination of the game if the defaulting team is losing. If the team which must default is winning at that time the score shall be 2-0.

Disqualifying foul—Unnecessary roughness or unsportsmanlike conduct for which a player is removed from the game.

Down—A unit of the game which starts with the centering of the ball and ends when the ball is declared dead.

End Zone—The area between the goal line and the end line.

Flag Guarding—Any player using hands, arms, clothing, or excessive spinning to prevent a player from pulling flag, shall be penalized 15 yards and loss of down.

Forward Pass—A pass thrown by any player from behind the line of scrimmage toward the opponent's goal line.

Fumble—Failure of a player to retain possession of the ball while running or while attempting to receive a kick, center, hand-off or lateral pass.

Hand-Off—Handing the ball forward behind the scrimmage line to a backfield player; handing the ball in front of the scrimmage line to a teammate who is either parallel to or behind the ball carrier.

Q1. After receiving the center snap may the quarterback hand the ball forward to a line player?

A. No. A ball handed forward behind the line of scrimmage may be handed only to a backfield player.

Huddle—Players conferring between downs.

Kick-off—A punt or place kick from own quarter line at the beginning of each half and after each try for conversion or safety.

Lateral Pass—A pass that is thrown sideways or back toward the passer's own goal.

Q1. Is the ball which is passed parallel to the goal line considered a lateral pass?

A. Yes. A legal lateral may be thrown sideways or back toward the passer's own goal line.

Q2. Can a lateral pass be thrown in front of the line of scrimmage?

A. Yes. A legal lateral pass may be thrown anywhere on the playing field.

Line Player—Offensive line player shall be those lined up not more than one yard behind the line of scrimmage.

Line of Scrimmage—Offense: An imaginary line drawn from the front tip of the ball and parallel to the end line. Defense: A line three yards from and parallel to the offensive scrimmage line.

Neutral Zone—A 3-yard area separating the defensive team from the line of scrimmage until the ball is centered.

Own Goal—The goal that the team is defending.

Pass Interference—An act in which a player pushes, bumps, removes a flag or holds an opponent to prevent her from catching or intercepting a pass after the ball has left the hands of the passer.

Personal Contact—Any body contact between opponents. Use of hands and arms by pushing, holding shall be personal contact.

Snapping—Handing or passing the ball back from its position on the ground with a quick and continuous motion of the hand or hands.

[redacted]

Q1. Can a player make two or more consecutive spins to avoid having a flag removed?

A. No. A player cannot make more than *one* revolution or spin. Two or more revolutions are considered excessive spinning and the player is penalized 15 yards and loss of down.

Touchback—A kick-off or punt that is fumbled or lands in the end zone provided the impetus which sent it across the end line was given by the opponents. A player may catch a kicked ball in her end zone and ground the ball not attempting to run it out. [redacted]

Q1. Is it still considered a touchback when the player who catches the kicked ball runs out of the end zone and then returns and downs the ball?

A. No. Once the ball is carried out of the end zone it is considered in play. A player may not legally return to her end zone and down the ball. A safety is automatically awarded for this infraction.

RULE 5. SCORING AND TIMING

Touchdown	6 points
Successful Conversion	
Run	1 point
Pass	2 points
Safety	2 points

Sec. 1 Scoring

a. A touchdown is made when a runner carries the ball across the goal line or a pass is completed in the end zone.

b. A conversion is attempted after a touchdown is scored. A team is given one scrimmage play from the 3-yard conversion line to complete a pass in the end zone or carry the ball over the goal line.

Q1. Is a pass caught behind the endline considered a completed pass?

FLAG FOOTBALL SCORESHEET

DATE: _____

TEAM: _____ COLOR: _____		TEAM: _____ COLOR: _____	
1	13	1	13
2	14	2	14
3	15	3	15
4	16	4	16
5	17	5	17
6	18	6	18
7	19	7	19
8	20	8	20
9	21	9	21
10	22	10	22
11	23	11	23
12	24	12	24

SCORES

Touchdowns: _____ Safety: _____

Conversion points _____

Time Outs: 1st Half ☐☐ 2nd Half ☐☐

SCORES

Touchdowns: _____ Safety: _____

Conversion points _____

Time Outs: 1st Half ☐☐ 2nd Half ☐☐

FINAL SCORE

☐ ☐

If game is tied: total first downs

☐ ☐

Referee: _____ Linesman: _____

Umpire: _____ Scorer: _____

A. No. Pass must be caught in the end zone (Section 1 above, a and b).

c. A safety is scored when a player legally in possession of the ball has a flag removed behind her own goal line provided the impetus which sent it across was given by a team member.

1. An automatic safety is awarded when a ball carrier returns to the end zone and illegally downs the ball. An illegally downed ball occurs when the receiver of a kicked ball runs out of the end zone and then returns to down the ball.
2. Two points are awarded to the opposing team and the team scored upon restarts play with a kick-off from their 20 yard quarter line.

Sec. 2 Length of Game

a. The game shall consist of four 10-minute quarters with 2 minutes between quarters and 10 minutes between halves.

1. No quarter shall end until ball is dead. In case of a touchdown made on the last play of a quarter, the try for point shall be allowed.
2. If a foul is committed by the offensive team on the last play of a period, the quarter is ended. If a foul is committed by the defensive team on the last play of a period, the offensive captain shall exercise her options before the teams change goals. If she chooses to accept the penalty, the down is replayed immediately. If she declinds the penalty, the quarter is completed.

Sec. 3 Tie Game

a. If the score is tied at the end of regulation play, the team with the greatest number of total first downs is declared the winner. If the number of earned first downs is the same, the referee shall toss a coin and the winning captain shall have the option of choosing goal or putting the ball in play from scrimmage from the center line. Each team shall have four consecutive downs and the winner shall be the team gaining the greater yardage during those downs.

Q1. If a team receives a first down as a result of a penalty, does this count as part of the 4 downs in determining the winner of a tie game?

A. Yes. The down counts as part of the 4 downs, but it is the total yardage gained which determines the winner.

Q2. If a team receives a first down as a result of a penalty, does this down count in deciding the winner of a tie game?

A. Yes. This is considered in the total downs earned.

Q3. If a team scores a touchdown on the first of their 4 consecutive downs in a tie game, do they complete the remaining 3 downs?

A. Yes. The winning team shall be the team gaining the greater yardage during those downs. It is possible that each team might score a touchdown before their 4 downs are used.

Q4. If a team intercepts a pass during the series of 4 downs in a tied game playoff, does the team that made the pass still complete their series of downs?

A. No. The intercepting team starts their series at the center line, or wins the game if they have already gained more yardage.

Sec. 4 Time Outs

a. Team Time Outs
   1. Any player may request a team time out when the ball is dead.
   2. Each team may have two time outs each half.
   3. Team time outs shall be 2 minutes in length.

b. Official's Time Out
   1. Time out shall be taken for the following without time being charged to either team:
      a. For injury to a player.
      b. After a touchdown, safety or touchback.
      c. When the ball goes out-of-bounds.
      d. For all fouls.
      e. During a try for [redacted]
      f. Any other occasion deemed necessary by the officials.

Sec. 5 Time in shall be taken when the referee signals ball is ready for play.

RULE 6. THE GAME

Sec. 1 Start of the Game

a. Each half shall start with a kick-off. Prior to the start of the game the referee shall toss a coin. The winning captain has the choice of (1) goal, or (2) kicking or receiving. The losing captain has the remaining choice.
   1. At the beginning of the second half the privileges shall be reversed.
   2. Goals shall be exchanged at the beginning of each quarter. At the beginning of the second and fourth quarters the ball shall be placed in a position, at the opposite end of the field, corresponding to where it was located at the end of the preceding quarter. The down and distance to be gained shall remain the same.

Sec. 2 Kick-Off

a. The ball shall be put in play with a punt or place kick at the beginning of each half and after try for [redacted] or safety.

b. Any player may kick the ball from anywhere behind own quarter line, [redacted]

1. The kicking team must remain behind its quarter line until the ball is kicked.
2. The receiving team must remain behind the center line until the ball is kicked.

c. When a kick-off is caught in the field or end zone, the receiver may run, hand-off or throw a lateral pass. The ball remains in play until the ball carrier's flag is pulled or ball is declared dead by an official. The point at which the ball was declared dead becomes the line of scrimmage.

d. When a kick-off is fumbled in or lands in the end zone, it is a touchback and the receiving team shall start their series of downs on its own quarter line. A player may catch the ball in the end zone and ground it.

Q1. A kick receiver attempting to catch the ball on the one yard line, fumbles it and it hits the ground in the end zone. Can she pick the ball up and run with it?

A. No. The ball becomes dead at the spot where it touched the ground. It would be considered a touchback and play would start on the quarter line.

e. On a kick-off if the ball lands inbounds beyond the center line it is declared dead and put in play by the receiving team at the spot where it first touched the ground.

f. On any kick-off, if the ball is fumbled by the receiving team it is dead and play begins from the spot where the ball touched the ground.

g. On a kick-off which does not cross the center line, the receiving team has the option of having the kick repeated or putting the ball in play on the center line.

h. If the ball goes out of bounds at the side line, the receiving team has the choice of putting the ball in play on the inbound line opposite the spot where it went out of bounds or having the kick-off repeated.

Sec. 3 Scrimmage Play

a. Line-up

1. The offensive team must be behind the line of scrimmage until the ball is centered; the defensive team must be 3 yards away from the line of scrimmage when the ball is centered.

2. Before the ball is centered, the offensive team must have been motionless except one backfield player who may be in motion parallel to the line of scrimmage, but not closer to the opponent's goal.
3. The offensive team may not have more than four players in the backfield.

b. Centering the Ball
1. The ball must be centered within 25 seconds after the ball has been declared ready for play by the referee.
2. The ball must be centered from the ground in one continuous motion between the feet of the center.
3. The ball may be centered to any backfield player.
4. If the ball touches the ground after it has been centered it is a dead ball. The next down starts from the spot where the ball first touched the ground. If on 4th down, the opposing team starts its series of downs at that spot.

Sec. 4 Downs

a. Upon gaining possession of the ball a team shall have four downs to advance the ball ten yards or score.
1. If a team advances the ball ten yards, a first down is earned and a new series of downs begins.
2. If a team fails to move the ball the required ten yards it loses possession of the ball. The opposing team then starts its series of downs from the spot where the ball became dead.
3. If a team loses yardage, the original line of scrimmage must be crossed to obtain a first down.

Sec. 5 Scrimmage Kick

a. A team may punt on any down but must announce the punt to the referee before the ball is centered.
b. Any backfield player may punt or place kick after receiving the ball from the center.
c. Neither team may cross the line of scrimmage until the ball has been kicked.
d. Each team must have at least three players on the line of scrimmage when the ball is kicked.
e. The receiver may run with the ball, hand-off, or lateral.
f. If the ball goes out-of-bounds at the side line it is dead and the next series of downs starts from the inbound line opposite that spot.
g. The ball is dead on the spot if a member of the kicking team touches the ball before it has been touched by a member of the receiving team.

h. If the ball is fumbled in or lands in the end zone or goes over the end line, the receiving team starts its series of downs on its 20 yard quarter line.

i. If the ball comes to rest inbounds without being touched by a player on the receiving team, the ball is declared dead and play starts from the spot where the ball first touched the ground.

Q1. If the ball comes to rest inbounds without being touched following a scrimmage kick, does the play start where the ball first touched the ground or where it came to rest?

A. In all cases of kicks, the ball is dead at the spot where it first touched the ground, and play begins from that spot.

j. A ball fumbled by the receiving team—ball is dead and the ball is taken over by the receiving team at the spot where it first touched the ground.

Sec. 6 Offensive Play

a. The ball carrier may run in any direction until the ball is declared dead.

b. The ball carrier may use any number of lateral passes or hand-offs anywhere on the field.

1. Forward hand-offs made behind the scrimmage line may be made only to backfield players.
2. Hand-offs in front of the scrimmage line must be made to a teammate who is parallel to or behind the ball carrier.

Q1. May the offensive team use more than one lateral or one handoff during a down?

A. Yes. Any number of laterals, handoffs or combinations of the two may be used during the same down.

c. A forward pass may be thrown only from behind the line of scrimmage to any player on the offensive team.

Q1. What players are eligible to receive a forward pass?

A. Any player may receive a forward or lateral pass

1. If the pass goes out-of-bounds or is not caught it is incomplete and the next down is taken from the last line of scrimmage. If this occurs on a fourth down play, the opposing team starts its series of downs from the same spot.
2. If two opponents catch a pass simultaneously, the ball is dead and belongs to the team which put the ball in play. The next down begins at the spot where the simultaneous catch occurred.
3. A pass is considered complete if a player catches the ball with one foot inbounds and then steps on or falls over the line.

d. A player who intercepts a pass in her own end zone may ground

the ball, resulting in a touchback; or she may attempt to run the ball out of the end zone.

Q1. May a player who intercepts a ball in the field, or in her end zone run with it?

A. Yes. A ball intercepted in the field is considered in play. A ball intercepted in the end zone gives the player the option of grounding the ball for a touchback, or attempting to run the ball out of the end zone.

e. **Blocking**

1. Players may block by virtue of body position only. No player may use her arms in blocking.
2. Blocking for a ball carrier on a running play is legal provided there are no more than two teammates blocking at one time, regardless of field position.

Sec. 7 Defensive Play

a. A defensive player does **not** have to have one or both feet in contact with the ground when detaching a flag. After the flag is pulled, the ball is dead and the next down starts from the spot.

Q1. Is it a penalty if a player accidentally slips or falls when attempting to remove the ball carrier's flag?

A. No. It is not a penalty if a player slips or falls to her knees; however, if the player, in the judgment of the official, deliberately dives or lunges at the ball carrier a 15 yard penalty is assessed.

b. The flag must be pulled without pushing, holding or hitting the ball carrier.

c. The ball carrier may not use her hands or arms in any manner to prevent her flag from being pulled.

Sec. 8 Dead Ball. The Ball is Dead:

a. Anytime the ball carrier touches the ground with any part of her body other than her feet and hands.
b. When the ball carrier has a flag pulled.
c. Following a touchdown, try for point, **automatic safety,** safety, or touchback.
d. When the ball goes out of bounds or when a player in possession of the ball steps on or over a boundary line.
e. When a scrimmage kick hits the ground.
f. On a kick-off, when the ball touches the ground.
g. On an incomplete forward pass.
h. When a player of the kicking team touches a scrimmage kick before a member of the receiving team.
i. When a simultaneous catch occurs.
j. When fumbled ball touches the ground.

Sec. 9 Out-of-Bounds

a. When the ball or the ball carrier touches or goes over the side line, the ball is put in play on the inbound line, opposite the spot at which the out-of-bounds play occurred.

b. A forward pass that is caught out-of-bounds or over the end line is incomplete and constitutes a down.

Sec. 10 Lost Flag

a. If the ball carrier's flag is lost the ball is dead at the spot the flag was dropped. That spot then becomes the line of scrimmage.

b. If any offensive player loses a flag when not in possession of the ball the player is still eligible to participate as a blocker or receiver, but may not advance the ball as a ball carrier.

RULE 7. FOULS AND PENALTIES

A foul is any infringement of the rules which results in loss of yardage. The captain of the offended team has the option of accepting or declining any penalty, whichever is to her team's best interest. If the penalty is declined, the number of the next down is the same as if the foul had not occurred. Whenever the penalty is greater than the distance to the goal line, the penalty shall be half that remaining distance.

Sec. 1 Fouls occurring on the kick-off

a. Any member of the kicking team crossing the quarter line before the ball is kicked.
Penalty: Kick is repeated from 5 yards behind the quarter line or first down where the ball was declared dead.

b. Any member of the receiving team crossing the center line before the ball is kicked.
Penalty: Kick is repeated from 5 yards in front of the quarter line or first down where ball was declared dead.

c. Any member of the receiving team attempting to illegally down a kicked ball.
Penalty: An automatic safety is awarded the kicking team.

Sec. 2 Fouls occurring as or before ball is centered

a. Failure to center ball within 25 seconds.

b. A false start by the center lifting the ball completely from the ground before centering or failing to center the ball between her feet.

c. The offensive team crossing the scrimmage line or the defensive team entering the neutral zone before the ball is snapped.

d. Failure of member of the offensive team, other than one backfield player in motion, to be motionless as the ball is centered.
Penalty: For a, b, c, d; loss of 5 yards. Down remains the same.

Sec. 3 Fouls occurring on scrimmage kick

a. Failure of team to announce punt to referee.
Penalty: Loss of 5 yards and kick repeated or first down for opposing team at the spot where ball was declared dead.

b. Any member of kicking team crossing line of scrimmage or any member of receiving team entering the neutral zone before the ball is kicked.

c. Less than three players from either team on the line of scrimmage when the ball is kicked.
Penalty: For b and c; loss of 5 yards from the spot where the ball was declared dead, after the kick.

Sec. 4 Forward Pass

If the opposing team intercepts an illegal pass, play continues until the ball is declared dead. The captain of the intercepting team has the option of retaining possession and starting with a first down from the spot where the ball was declared dead or of accepting the penalty.

a. A player throws a forward pass after crossing the line of scrimmage.

b. A passer intentionally grounds a pass.
Penalty: For a and b; loss of 5 yards from line of scrimmage. Down advances.

c. A player throws a forward pass after catching the ball on a kick-off or scrimmage kick or after intercepting or catching a pass.
Penalty: Loss of 5 yards from the spot where the illegal pass was thrown.

d. A player interferes with another player who is attempting to catch or intercept a forward pass.
Penalty:
1. If the passing team interferes with an opponent intercepting a pass, loss of 15 yards from line of scrimmage. Down advances
2. If the defensive team interferes, the offensive team is awarded a first down at the spot of the foul.

Sec. 5 Delaying of Game

a. Unnecessarily continuing play after the ball has become dead. Offensively and/or defensively.
Penalty: Loss of 5 yards from spot where ball was declared dead. Down remains same.

b. Falling on the ball.
Penalty: Loss of 15 yards from line of scrimmage. Down remains same.

c. Delaying the game unnecessarily in any other manner.
Penalty: Loss of 5 yards. Down remains same.

Sec. 6 Illegal wearing or pulling of flags

a. Wearing flags illegally.
Penalty: Loss of 5 yards from spot of foul. Down advances.

b. Ball carrier using her hands or clothing to hide or prevent opponent from pulling her flag. Loss of down and 15 yards.

c. Pushing, holding, or hitting the ball carrier while pulling her flag.

d. A player may not lunge or dive at the ball carrier when attempting to detach a flag.
Penalty: b, c, d: Loss of 15 yards from spot where foul occurred.

e. A player may not deliberately detach the flag of any other player who was not involved in the transfer of the ball or a fake handoff.
Penalty: Loss of 5 yards from the line of scrimmage.

Sec. 7 Illegal hand-off

a. The ball is handed forward in front of the scrimmage line.

b. A backfield player hands the ball forward to a line player.
Penalty: For a and b: Loss of 5 yards from spot of foul. Down advances.

Sec. 8 Illegal Substitution

a. A substitute entering the game before the ball has been declared dead.

b. A team has more than nine players on the field when ball is put in play.
Penalty: For a and b: loss of 5 yards from scrimmage line. Down remains the same.

c. A disqualified player reenters the game.
Penalty: Loss of 15 yards. Down remains the same. Player removed from game.

Sec. 9 Blocking

a. A player may not use her arms to block.
Penalty: Loss of 5 yards from spot of foul. Down advances if committed by offensive team. Down remains the same if defensive team fouled.

b. More than two players blocking for ball carrier.
Penalty: Loss of 5 yards from spot of foul. Down advances.

Sec. 10 Personal Contact

a. There shall be no personal contact between players.
Penalty: Loss of 15 yards from spot of foul. Down advances if committed by offensive team. Down remains the same if committed by the defensive team.

Rule 7. Fouls and Penalties

Q1. Does the player with the ball have the right-of-way in terms of field running?

A. Yes. However, she cannot run down a stationary player. A player moving to intercept a runner and pull flags cannot move into the path of ball carrier. The calling of personal contact fouls must often be left to the discretion of the official as to which player is at fault.

b. Unnecessary roughness.
Penalty: Immediate disqualification of player. Loss of 15 yards from line of scrimmage. Down advances if committed by offensive team. Down remains the same if committed by defensive team.

Sec. 11 Unsportsmanlike Conduct

a. A player or coach using abusive or insulting language.

b. Disputing or arguing with officials over a decision.
Penalty: Loss of 15 yards from line of scrimmage. Down advances if committed by offensive team. Down remains the same if committed by defensive team. Flagrant offender should be disqualified.

Sec. 12 Double and Multiple Fouls

a. A double foul occurs when both teams commit a foul during the same down.
Penalty: The two fouls cancel each other. The down is replayed.

b. Multiple fouls occur when two or more fouls are charged against the same team. Only one penalty may be enforced. The captain of the offended team may choose either penalty or decline both.

Sec. 13 Conversion Plays

a. A defensive player commits a foul.
Penalty: The offensive team is awarded ½ the distance from the 3 yard conversion line to the goal line and the offensive team repeats the conversion attempt.

b. An offensive player commits a foul.
Penalty: The defensive team is awarded the yardage and the offensive team repeats the conversion attempt.

c. A double foul occurs.
Penalty: The fouls cancel each other. The down is replayed.

INTERPRETATIONS

Questions on interpretation of the rules should include a stamped, self-addressed envelope and be directed to:

SHERI HOLAND
889 Bing Drive, Santa Clara, California 95050

Please refer to the rule and section in your inquiry.

SUGGESTIONS FOR MODIFIED RULES

In situations where space is limited the field size may be reduced. The recommended minimum size is 70 yards by 30 yards. The end zones and distance between quarter lines on smaller fields should be reduced proportionately. When smaller fields are used the number of players should be reduced to four backfield players and three linesmen.

When both teams are in agreement the following rules modifications may be used:

a. The game ball may be a junior size or regulation football.
b. Flags other than those meeting official specifications may be used.
c. The length of the game may be shortened by reducing the length of the quarters or time between halves.
d. When field space is limited one inbound line down the center of the field may be used.

Speedball

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Introduction

During the past two years the Speedball Committee has been revising the rules. These changes will be indicated by shading. It is felt these changes will speed up the game and ease the demands on officials.

There are also other changes in the rules which are slight modifications in wording attempting to clear up some misunderstanding in the current rules.

The committee invites your comments and suggestions on any aspect of the *Guide*, whether it be format, articles or rules.

Jane Cook
NAGWS Speedball Guide & Rules
Chairperson

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NAGWS SPEEDBALL GUIDE AND RULES COMMITTEE*
1978-1980

DEBORAH GEBHARDT, *Chairperson*, University of Maryland, Department of Physical Education, College Park, MD 20742

*Current *Guide* material was prepared by the 1976-80 Committee. Material for the 1980-82 *Guide* will be prepared by the 1978-80 Committee.

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Try Speedball: Your Students Will Love It!

JANE COOK

Jane Cook attended Michigan State University, earning a B.S. degree in physical education and health, and a masters degree in physical education and coaching. She has taught high school physical education for 11 years and has coached girls' track and field and speedball teams. She is presently promoting speedball in the area through clinics for students, coaches and officials.

Speedball has become a game of knowledge, refined techniques, organization, teamwork and skill. Players can no longer expect to win by simply running the fastest, kicking the farthest, or outlasting the opponents. Nor can a coach expect to win without teaching the skills required of a good, successful speedball team.

Why Play Speedball?

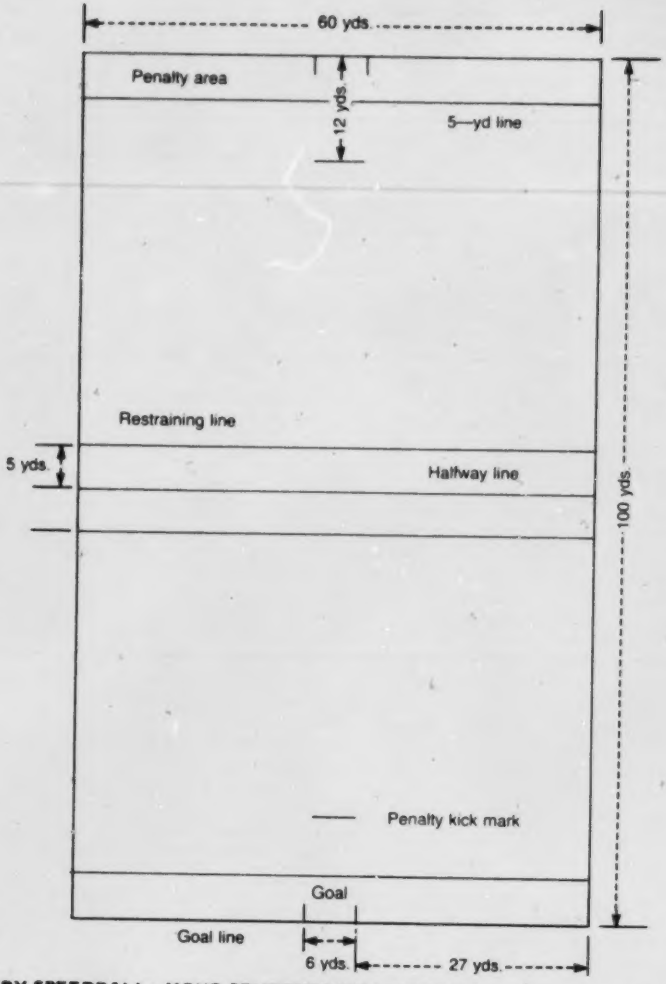
There are many physical values to speedball. One learns to move quickly and easily. Through body movements one can develop a good sense of balance and coordination. Physical fitness, endurance, speed and perseverance can also be obtained by playing speedball. Speedball requires the use of both the hands and the feet. When the ball is played on the ground, the feet are in use. However, at any given moment the ball may become airborne, and the hands must take over.

The desire to compete can be found in the members of a good speedball team. Players can learn sportsmanship, loyalty and both individual and team play. Since there are 11 playing members, they can learn cooperation and appreciation for another's ability.

Mentally, speedball encourages alertness, anticipation and initiative. There are times when players must rely on self-control and discipline, too. Very important to the character is the building of courage and confidence, attributes which can be found in all good speedball players. An important aspect of the game is decision making. Players must be alert at all times and ready to change their own plan of attack.

Field, Game, Rules

The playing field should be rectangular and at least 100 yards long and 60 yards wide, althouth the size may vary. The ground


60 yds.
Penalty area
12 yds.
5—yd line
Restraining line
5 yds.
Halfway line
100 yds.
Penalty kick mark
Goal
Goal line
6 yds.
27 yds.

should be level, with good grass and clear markings. The field of play should be marked with distinctive lines that meet at the corners. The longer boundary lines are called the sidelines, and the shorter, the goal lines. The goal line extends across the field of play and the sidelines extend the entire length of the field. In front of each goal, parallel to the line and five yards from it, there must be a line drawn from sideline to sideline. The space enclosed by these lines is the penalty area. There is also a line two feet long, which is drawn opposite the center and 12 yards from each goal line. This line is the penalty kick mark. The goalposts are placed on the goal line an equal distance from the sidelines. The posts are six yards apart, and 20 feet in height, with a bar across them eight feet from the ground. There must be a halfway line across the field connecting the midpoints of the two sidelines. The halfway line must be indicated. The restraining line is drawn from sideline to sideline, five yards from, and on each side of, the halfway line, parallel to it. The major piece of equipment is a regulation soccer ball of leather or rubber that is inflated to a minimum of 27 inches and is a maximum of 23 inches in circumference.

Each team has 11 players, one of whom is the goalkeeper. Any number of players can participate in any game, and these players may be substituted or resubstituted without limitations. Substitutes must report to the scorer and then enter when recognized by the umpire. If this procedure is not followed, a penalty kick is awarded to the opponents. An indirect free kick will be awarded when any player leaves the field, during the progress of the game, without the referee's consent. Substitutions may be made by both teams during a dead ball, after a goal, and between periods. In the event of an injury, only that player(s) may be replaced.

Speedball consists of four equal periods of eight minutes. In case of a tie, the game ends in a tie score. There is a two-minute period between quarters to allow for the changing of field ends. Ten minutes are allotted for half-time. If it is mutually agreed, this time span may be shortened. The clock is stopped when a goal is scored and started on the kickoff.

Points are scored by a field goal, a touchdown, a penalty kick, and a drop kick. To score two points by a field goal, the player must, by using feet or body, put the ball over the opponent's goal line, between the goalposts, and under the crossbar. To score two points by a touchdown, the player must make an aerial pass from outside the penalty area to a teammate behind the goal line, but not between the goalposts. On a penalty kick, only the goalie may defend. If the ball passes over the crossbar between the goalposts, one point is scored. The drop kick is attempted from outside the penalty area. Three points are scored if the ball passes over the crossbar between the goalposts.

A referee may call a foul on an individual for the following:
air dribbling the ball more than once
charging, blocking, drop kicking for goal or attempting a forward pass for a touchdown from within the penalty area
delaying the game
handling a ground ball with hands or arms; overguarding, pushing or tagging
holding the ball more than three seconds
traveling with the ball
unnecessary roughness

A player is removed from the game after five personal contact fouls. However, a player may also be disqualified for a single offense. A referee may call a team foul for taking more than three time-outs during a game, having more than 11 players on the field during play, or making an illegal substitution.

Player Expectations

In speedball, there is a place for everyone—the aggressive speed demon, the thinker, the long-distance kicker, and the courageous. Each player must have endurance and coordination. Players must learn to pass, tackle, block, feint, dribble both on the ground and air, and the art of covering and marking. As in all sports, teamwork is the key to a successful season.

Forward line players must be fast and be able to feint and maintain good control of the ball. They must be able dribblers and be fast enough to beat out the opponents. These players must be daring, unpredictable, and confident in their ability to take on defenders. They must possess stamina and mobility, speed of thought, and the ability to watch both their own players and the opposition. They must have superb passing, throwing and catching abilities, and be able to drop kick. They must be able to pick up the ball and convert the game to an aerial attack. Forwards must have the desire to score goals. Therefore, they must have exceptional speed, balance and ability to use the body to its full potential.

Centerforwards are traditionally the scorers. Two things they cannot afford are timidity and physical weakness, for theirs is a job in which lightning reaction is essential. By the nature of the position, they are often caught going the wrong way. They must have an awareness around the goal, the scoring instinct and sharpness on the ball in order to take advantage of any mistakes. They must be alert and quick, able to drop kick or pick up the ball or score a touchdown. Center-forwards need confidence and the relentless will power and determination to score. Not only must they have striking ability, but they must also be schemers and playmakers, as they are instrumental in initiating the attack. Good defensive skills are necessary for these players' success.

Inners, also known as midfield players, have the prime responsibility of scheming and creating openings for the spearhead attackers. Their principal contribution is to score. The need for play intelligence is self-evident. They must have the ability to think ahead two or three moves either in attack or defense. The inner must be able to pass to both the right and left, forward and backward, long and short, high and low. The opponent should not know what is going to happen next.

Wingers are the closest to either sideline. They must be able to shoot hard and accurately with either foot, as they are primarily an attacking position. Good wingers use the entire field, spreading the defense and preventing it from massing in the goal area. Wingers require the abilities of a striker, a playmaker, and the action radius of a midfielder. They must have great speed and must always vary between inside and out. Good wingers must know when to settle for the standard drop kick or high-cross into the goalmouth, and when to attempt a more ambitious play. As a general rule, wingers must be able to pass, catch, throw in, and drop kick. When the wing is out of play, the waiting position is usually 20 yards from the goal line and 15 yards from the sideline.

The *halfback* has a great impact on the success or failure of a team. This player must have the following outstanding qualities: physical strength, stamina, determination, authority, confidence, keen positional sense, speed, passing skills, control of body movements, superb ball control and a good throwing arm for touchdown passes. Good passing skills will mean diversity. Good feinting and dribbling moves, kicking abilities and drop kicking, aided by excellent peripheral vision, help in the diversity of the game. The halfback challenges the ball in the air and on the ground so physical determination, power and aggressiveness are a must. Defensive heading, positional sense, timing, jumping power, and skill with the head are important qualities for a halfback. The player must have the tactical knowledge of knowing when to pass on the ground to the feet of a teammate, or when to lead the teammate, how to pace the pass, when to keep it low, and when to move the ball for an aerial game. The player must be equally effective in attack and defense. It is the halfback's responsibility to win loose balls in midfield. The halfback makes the transition from attack to defense, stalling the attack to gain time for the defense to get organized. The player needs to be able to pass a ball accurately and to support the attack while always being prepared to go through and have a shot at the goal. The halfback must always seek the open person so the ball can be passed for a touchdown or drop kick. The halfback is constantly in the game and needs to be a good worker and runner.

The *centerhalf* is the dominating force of a good speedball team. In addition to the skills listed above, the centerhalf must be confident and authoratative. This defensive player is responsible for the opposing centerforward. The centerhalf must be highly tactical and experienced, mobile, and be able to read the plays. Offensively, the centerhalf is the field general, and must be able to determine the side of the field for play.

The *fullback* must be a good, all-around player who can add variety and a certain element of surprise. The fullback must be cool, methodical, realistic, ambitious and cautious. This player has two methods of defense to add to strategy: man-to-man marking and zone defense. The fullback, who is responsible for the central area in front of the goal and the inside forwards, needs excellent running skills, running backward or laterally to face the play, and a keen peripheral vision. This player must be adept at blocking touchdown passes and preventing drop kicks. Vital to a fullback are aggressiveness and determination as well as the abilities to get the ball, throw, tackle, challenge, intercept, and move in for a tackle before the opponent has complete control of the ball. The fullback must be fast and skilled in passing, dodging, dribbling and punting. This player needs a great deal of knowledge and the ability to retreat or force the winger into a mistake. The fullback must be able to out-jump and to beat the opponent to the ball. There must be an understanding between the fullback and goalkeeper, similar to the relationship of the catcher and pitcher in baseball. They must be sure to know each other's strengths, weaknesses and habits. Any misunderstanding could mean defeat instead of victory.

Goalkeepers must be fearless and have quick reactions. In addition to being able to kick, catch and throw, they must be able to move and jump well. Often goalkeepers will be standing, waiting for action, other times they will wish they were standing, waiting for action. Goalkeepers must remain cool and keep an accurate sense of position, moving instinctively. They need intense concentration to make sure that they are in the right position. They can use their hands to catch the ball only when inside the penalty area. They can also carry the ball inside the penalty area, but are allowed no more than two steps with the ball in their hands. Inside the goal area, goalies are "fair game" for any player.

There must be constant understanding between goalkeepers and the team. A function of the goalkeeper is to replay the ball after an attempt at scoring. This can be done by kicking it after it has dropped from the hands, or by throwing it in a semicircular path around the arms. The goalies' major duty is defending the goal against field goals, touchdowns, penalty kicks and drop kicks.

Speedball Definitions

The following definitions are from *Physical Activities Handbook for Women*, by Donnis Hazel Thompson and Julia Carver (New York: Prentice-Hall, 1974).

Air Dribble. A method of advancing the ball in the air.

Blocking. Impeding the progress of an opponent by physical contact.

Blocking the Ball. Using any part of the body, except the arms and hands, to change or direct the progress of the ground ball.

Covering. A means of protecting spaces through which passes may be made.

Dribble. A succession of foot taps to advance a ground ball and retain control of it.

Drop Kick. A kick in which the ball is dropped to the ground and kicked as it bounces.

Field Goal. Scoring by drop-kicking the ball between the goal posts and over the crossbar.

Foul. An infringement of a rule for which a free or penalty kick is given.

Free Kick. Awarded for a foul, the free kick is an opportunity to place-kick the ball with the opponent at least five yards away.

Marking. A defensive strategy whereby a player is responsible for defending against a specific opponent and remains close enough to intercept or prevent a pass.

Penalty Kick. A place kick taken on the penalty kick mark. It is awarded when a defensive player commits a foul in the penalty area.

Place Kick. Kicking the ball from a stationary ground position.

Punt. A kick in which the ball is dropped from the hands and kicked with the foot before it touches the ground.

Tackle. A method of getting a ground ball away from an opponent.

Tie Ball. A ball caught and held by two opponents simultaneously.

Touchdown. A method of scoring by throwing the ball over the endline to a teammate.

Volley. Playing the ball with any part of the body other than the hands.

Helpful Hints

It is essential to blend both skillful individual play and teamwork. Players should know the abilities and strengths of each team member. Once the team has control of the ball, players should try to keep it. Being able to analyze the apponent's weaknesses is essential. Players should know the score at all times and be aware of envi-

ronmental conditions and take advantage of them. It must be remembered that only the team with the ball can score.

Skillful individual defensive skills must be coordinated for a good defense. The burden of defense usually falls upon the halfbacks, fullbacks and goalie. Therefore, these players should be alert, have physical strength and great endurance, and be able to anticipate. It is essential to understand such defensive tactics as interchanging, marking, backing up and covering. The defense should remember to play the ball, not the player.

The element of surprise is something that has bothered coaches for many years. There are some ways to avoid this. Scouting will eliminate this chance of surprise. A good coach will collect objective data, such as number of shots, fouls, saves, assists, etc., and subjective observations such as style of play and individual playing idiosyncrasies. An examination of the roster will reveal experience and depth. Statistics will show the general character of the opponent. One will be able to tell whether the team's strength lies in its offense or defense.

A coach must also realize that there are several ways to score points, and a team cannot win games without points. An assured two points is much better than a questionable three points. When one goes for the touchdown, one is working with a much larger section of the playing field.

A coach can easily assess the team's abilities, looking for confidence and competence with the ball as well as for basic intelligence. Does the player display speed not only in running, but in thought, recovery and movements? Is the player in command at all times, a ballwatcher, or easily excitable? Does the player offer advice to other teammates, read the game well or fall for the same fake over and over again? Is the player ready to accept responsibility and competitive spirit? Does the player fear body contact? Does the player want to play speedball or just play?

There are many reasons for the success of a speedball team. Members of a good team know their skills well and practice their techniques. A good coach is informed about useful strategies, the players and the opponents. The correct combination of coach and players is unbeatable.

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Speed-A-Way, A Fun Game

MARJORIE S. LARSEN

Marjorie Larsen originated the game of speed-a-way in 1950 and published three editions of a rule book. She was a teacher and administrator for 33 years until her retirement in 1972 to enter private business. She graduated from the University of California, Berkeley, and received her Master's Degree from the College of the Pacific, Stockton, California.

Speed-a-way was created out of the desire to find a game that could serve as a leadup for field hockey and bring enjoyment to participants without their having to learn complicated rules and techniques.

Speed-a-way was in the experimental stage for 10 years before it appeared in 1950 as a new combination game—a combination of soccer, basketball, speedball, field ball and hockey, with an opportunity for players to run with the ball. The rules of these games served as a basis for Speed-a-way.

From its inception, Speed-a-way was intended for students from junior high school through college, and to be adaptable to almost any situation. The emphasis in Speed-a-way should be positive, keeping in mind those things that one may do rather than what one may not do. Therefore, the fundamental principles of running, throwing, catching, and kicking have been made to be integral components of the game.

There is enough incentive projected through the fun of playing a game with so few don'ts, that beginning players or those with a lower level of motor ability may experience enjoyment through the game's unrestrained movements. In fact, having never played the game before, one can enjoy the game. As a student progresses through junior high school into high school and college, there are challenges to work out strategy and to improve one's skills. There is opportunity for vigorous activity, competition and team cooperation for all players.

Introduce Speed-a-way into your program to find just how much enjoyment players get from participation. Speed-a-way is easy to teach and learn, and it is fun.

Teaching Hints

Contrary to teaching most games, it is suggested that you keep the following things in mind:

1. Acquaint players with the game the first day. They will not be experts, but they will have fun.
2. Do not worry about position play until players are familiar with the game (no offsides in Speed-a-way).
3. Give the fouls and penalties as they occur.
4. Emphasize the liftup (kickups) so that the ball may be played as an aerial ball. Creating aerial balls is the most important part of Speed-a-way; then a player can do anything—run, pass, kick.
5. Emphasize the do's, not the don'ts.

There should not be any organized drills given in the introduction of Speed-a-way. If players have a basic understanding of the game, they will often practice on their own the skills which are necessary. This is one of the reasons for letting players play the first day.

By the third day, the majority of students should have an understanding of the game, the ways to create aerial balls, and the main fouls and penalties. Players will realize their need to work on techniques and tactics.

Let your students play, giving them helpful hints as the situation arises. They will have fun with Speed-a-way if you let them play.

Digest of Speed-a-Way Rules

Speed-a-way is played by two teams of 11 players, who line up in their own half of the field at the beginning of each quarter and after each score. The ball is put in play by a place-kick from the center of the field. The object of the game is to score a touchdown or a field goal by advancing the ball down the opponent's half of the field by means of kicking or dribbling a ground ball, throwing an aerial ball, or running with an aerial ball.

A field goal is scored by kicking the ball between the opponent's goalposts from within the striking circle. A touchdown is scored by running across the endline or by passing the ball to another player over the endline, but not between the goalposts. A field goal counts three points, a touchdown, two. The team with the highest score at the end of the playing time wins.

Playing field—same as that used in field hockey.

Players—same as in field hockey.

Equipment—soccer ball or a utility ball about the size of a volleyball.

The rules of the game and the penalties for fouls are related to those of field hockey.

Fouls—A foul is an infringement of any rule of the game.

Players shall not:

1. Pick up a ground ball (exception: goalkeeper). A ground ball may be converted into an aerial ball only with the feet.

2. Trip, shove, push, charge or strike an opponent, except to tag a player on the back only when the latter is running with the ball.
3. Knock the ball from an opponent's hand.
4. Kick the opponent or dangerously kick the ball into the opponent.
5. Stand closer than five yards to the player taking a penalty corner, throw-in, or free kick.
6. Tag a player who receives the ball and does not move.

Fouls committed outside the circle are awarded a kick on the spot. Fouls committed inside the circle are awarded a free kick at the edge of the circle or a penalty corner.

Out-of-bounds—If the ball goes out-of-bounds over the endline, the ball is always put in play by the opponents with a place-kick, punt or throw-in where the circle bisects the endline.

If the ball goes out-of-bounds over the sideline, the ball is put in play with a throw-in.

Speed-A-Way Aids*

Larsen, Marjorie S. *Speed-a-way, A Game for Boys and Girls.* 3rd ed. Minneapolis: Burgess Publishing Co., 1970. This is the official guidebook which contains rules and articles, including field drills, skill tests, illustrations of fouls, ways to create aerial balls and teaching hints. $2.

Speed-a-way Film. One reel, sound, for rental or sale, color or black and white. The film acquaints players with the game of Speed-a-way, giving the elements of the game, its rules, and team play.

Speed-a-way Visual Charts. Seven charts illustrating the lineup, penalty corner, methods of scoring, fouls and ways to create aerial balls. $2.50 per set.

Speed-a-way Examinations. Three sample tests containing a variety of questions, answer sheets included. $1.25 per test.

*The distributor of all of the Speed-a-way Aids is the game's originator, Marjorie S. Larsen, 1754 Middlefield, Stockton, CA 95204.

Coaches' Dilemma — Cutting the Squad

KAY BRECHTELSBAUER

Kay Brechtelsbauer received her B.S. degree from Central Michigan University, Mount Pleasant, and her M.S. in Education degree from Southern Illinois University, Carbondale. She has coached softball and taught major classes in soccer-speedball at Southern Illinois University for the past 12 years.

The new role of women in today's society is opening numerous opportunities for women to engage in athletic activities without the restrictions and discouragements they once had to face. Consequently, many more women are trying out for school athletic teams and many coaches are faced with having to reduce the athletic squad to a more workable number.

Selection of players is one of the most crucial, and often one of the most difficult, tasks a coach has to perform. The evaluation process is made much easier, and generally a great deal more accurate, when specific qualities or criteria are used as a measuring stick. Of equal importance is the *process* by which the athlete is evaluated on those criteria or qualities. If the evaluation process is unreliable, the evaluation may be misleading and ineffective.

Desirable Qualities in Athletes

The following are generally agreed to be desirable qualities of an athlete.

Willingness to be coached. Can the player apply coaching to the game situation and profit from constructive criticism? Does the athlete have the desire to improve?

Spirit of competition both in practices and in games. Perhaps one of the most important qualities of an athlete is competitive drive. The true competitor will demonstrate this in practice as well as in the game.

Desire to win. The athlete with pride who will not quit, but who will fight down to the wire, regardless of the odds, is often preferable to a person with more skill but less desire to compete.

Willingness to practice hard at all times. A player who does not give a full effort in practice also tends to slack off in actual competition or may be unable to play the entire game at full speed.

Dedicated and willing to sacrifice in order to perfect one's skills. This is often the difference between a good athlete and a great one. The self-discipline necessary for proper conditioning and continuous

work in perfecting skills is near impossible to anyone who is not dedicated to the game.

Love of the game. This includes the thrill of being able to use both the mind and body in performing physical tasks and competing in tense situations. It is the joy of running, jumping, throwing and using strength and coordination in a competitive setting. Athletes who truly enjoy physical activity tend to perform better.

Skill or skill potential. Unless a player has perfected the fundamentals of a sport, the player cannot develop beyond a specific point. A player who has not yet developed those skills (due to lack of exposure) may still have the basic motor skill potential to develop the necessary specific sports skills.

Positive mental attitude. In many cases it is the mental attitude that makes or breaks an athlete. The athlete should approach every game and situation with a positive attitude toward winning and playing the best game possible, regardless of the conditions or adversities surrounding the situation. The athlete does not blame others (officials, coaches or teammates) for individual or team failure.

Ability to function under physical and emotional stress in a competitive situation. The athlete is able to maintain emotional stability and composure in tense situations and can play her/his own style of game. Experience is a major factor in developing game stability, yet some players never attain this.

Capability for teamwork. The importance of teamwork cannot be overemphasized. The player who risks making the big play rather than giving the opportunity to someone who has a better chance will hinder a team. A team composed of athletes working as separate units will be less effective than one composed of players who work together well and perform as a single unit. Team unity and moral is a necessary ingredient for a successful team.

Game sense. Players who "feel" the game, rather than learn set patterns and modify these patterns with difficulty, are very effective even though they may lack a high degree of skill. Players with game sense can be invaluable since they can antitipate movements and adapt to game situations as they occur.

Guidelines for Selecting Athletes

How does a coach determine if an athlete possesses these qualities, and what guidelines should be used in the selection process to make it reliable?

Provide equal opportunity. The coach needs to provide an opportunity for all players to perform in various practice and competitive situations. It is very easy to overlook an athlete if, during the first few practices she does not perform well. Given the same

opportunities, she may well turn out to be a better athlete than the one who started with a flash.

Provide a long enough period in which to observe the athlete. The performance of some players may range from one extreme to the other on any given day, particularly early in the season. Observing a player a limited number of times may result in an erroneous conclusion on the part of the coach.

Include some teaching of skills or strategies to determine how quickly players learn. While some players may initially demonstrate limited skills and knowledge of strategies, they may be very quick to learn. On the other hand, some athletes may be unable to grasp much beyond what they already are capable of.

Look at potential as well as achievement. Due to lack of exposure, a player may initially demonstrate limited game skills. The player may, however, have good basic motor skills and given the opportunity to develop the skills specific to that sport, may develop into one of the best players on the team.

Observe the players under game situations. If a scrimmage with another team cannot be scheduled, at the very least, provide a game situation as similar to an actual game as possible (with officials, scorekeepers, timers, etc.). Some athletes perform well in practices or in an isolated drill situation but are unable to perform in the competitive game or in tense situations. Likewise, some players may not show their true competitive nature until the pressure is on. These are the players who repeatedly come through in the clutch situation.

Evaluate individual skill. This can be accomplished through specific skill tests or by coaches' check sheets. Many skill tests are available through NAGWS and AAHPER, and references are made to others in basic sport skill books. Some coaches prefer to prepare their own check sheet and get an approximation of each player's skill by viewing the player in a scrimmage game. Since an athlete may only handle the ball a limited amount in a scrimmage situation, a combination of skill tests and a check sheet is probably the most valid and reliable method.

Evaluate an individual's game ability. Many skills that are an integral part of play are observable only in a game setting. A player needs to be able to combine skill with the necessary elements of game knowledge, game sense and competitive drive for an effective team effort.

Evaluate team performance. Play combinations should compliment each other and players selected for the squad should fit the play of others on the team. The effectiveness of having several good players on a team is decreased if they are mismatched parts of the total unit.

Make several cuts. In some situations it is wise to make more than one cut. Perhaps several players are questionable or still developing rapidly. In this case, it would be better to observe the players a little longer than chance cutting the wrong player(s).

In summary, team selection requires careful planning and thought. The selection is directly related to the team's eventual success, and the coach and team are committed to the selection for the season.

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Pre-Season Conditioning Program

SUSAN ANTHONY

Susan Anthony attended University of Washington, earning a B.S. and M.S. in physical therapy and athletic training. She is presently the women's athletic trainer at San Jose State University in California and also teaches athletic training classes.

The objectives of a conditioning program include development of cardiovascular and individual muscular endurance, flexibility, strength, speed and coordination. Speedball requires cardiovascular fitness for the athlete to perform well during the entire game. Also essential are speed for short bursts and strength and coordination to do the variety of skills inherent to the game.

A six-week program, performed regularly with a gradual increase in workload, is the minimum time period required for an athlete who is already in reasonably good condition to achieve top-level condition. Less time devoted to conditioning simply invites injury during the season due to overstress.

The six-week program involves six workouts per week–three running workouts alternated with three weight training or strength workouts. All workouts begin with the warm-up program and end with the warm-down program. No phase should ever be omitted since there are definite reasons for inclusion of each activity.

Each of the six days perform I and II alternately with III and IV.

I. Warm-up

A. Jog 8-10 minutes around a field, track, gym, golf course or any open space.

or

Jump rope 5-8 minutes. Use nylon, cotton or hemp 5/16-3/8 inches in diameter. Proper rope length–stand on center of rope–ends should reach armpits.

B. Stretching–All exercises should be held at point of "stretch-pain."

No bouncing. Hold each position about 10 seconds. Repeat about 8 times.

1. *Calf and heel cord stretch*–Stand about 3 feet from a wall or support. Extend arms and put hands against wall, moving

the straight body forward to approximately a 60° angle. Keep heels in contact with ground. Keep buttocks down—hold.

2. *Hamstring stretch*—Sit with legs apart, knees straight. Bring chest to left knee, hands to left ankle—hold. Bring chest straight down between legs—hold. Bring chest to right knee, hands to right ankle—hold.
3. *Back stretch*—Lie on back. Bring both legs over the head until toes touch floor—hold. Swing back and lower legs to floor. Relax.
4. *Hip and quadriceps stretch*—Lie on stomach. Hold both ankles, bring toward buttocks and arch back—hold.
5. *Groin stretch*—Sit with knees bent and soles of feet together. Grasp ankles and pull feet towards groin. Push down on thighs with elbows—hold.
6. *Shoulder and back stretch*—Stand and place one hand behind neck. With opposite hand, grasp elbow and pull behind head—hold. Switch and stretch other arm.
7. *Shoulder and chest stretch*—Stand and interlace fingers behind back. Bring extended arms backward and upward—hold. (It is fine to lean forward at waist, but arms must still move to the point of "stretch-pain.")
8. *Side stretch*—Stand with feet about 2 feet apart. Extend arms straight overhead and interlace fingers. Bend directly to the right—*not* forward. Keep arms extended—hold. Return to starting position. Bend to left—hold.

II. Strength Program

A. Weight machine

Determine 10 repetition maximum (amount of weight athlete can lift just 10 times.

Go through the circuit twice. Increase weight when a set of 10 becomes easy. Keep a record of weights and progress.

1. Leg press
2. Chest press
3. Incline board sit-ups (On lowest setting, come halfway up. Keep knees bent.)
4. Quadriceps curls
5. Hamstring curls
6. Shoulder press
7. Pulley chins
8. Hip flexor station (Hang from bar, bring straight legs up).
9. Toe raises (Stand on block at shoulder press station. Hold bar at shoulder height. Raise up on toes. One set—toes pointed straight ahead, one set toes in, one set toes out.)

B. If unable to gain access to weight equipment, substitute the following exercises. Go through the circuit twice. Do each exercise until you can do no more.
   1. Push-ups
   2. Curl-ups (Knees bent, curl trunk halfway up.)
   3. Step-ups (Stand with left side to bench or step about 17 inches high. Step up with left foot, bring right foot up to same height. Step down with right foot, then step down with left foot. Repeat until you can do no more. Switch sides and step up with right leg first.)
   4. Chin-ups
   5. Toe raises (Hold weight on shoulders. See #9 above.)
   6. Hip flexor pull (Hang from bar. Keeping knees straight, raise and lower legs slowly.)

III. Running Program

The first three weeks are spent on continuous running; the last three weeks, two days a week on speed work, one day a week on a longer run.

A. Cross-country or continuous running–on golf course, fields or track

Run at a brisk pace until fatigued. Run 100 yards further. Walk until breathing is normal. Repeat.

1st week–continue for 15 minutes.

2nd week–continue for 30 minutes.

3rd to 6th week–continue for 30 minutes with less or no walking.

B. Speed work

Sprint–75, 50, 40 yard dashes. Jog and walk back.

4th week – 1st day	– 2 75s	2nd day	– 3 75s
	3 50s		4 50s
	4 40s		4 40s
5th week – 1st day	– 3 75s	2nd day	– 3 75s
	4 50s		5 50s
	5 40s		6 40s
6th week – 1st day	– 3 75s	2nd day	– 3 75s
	6 50s		6 50s
	7 40s		8 40s

IV. Warm-down

A. Jog *slowly*–5-10 min.

B. Repeat stretching exercises–#1, 2, 7.

This six-week conditioning program will develop cardiovascular and individual muscular endurance. Your athletes will also gain flexibility, strength, speed and coordination. This program will also increase athletic performance and help reduce injuries to players.

Speedball Drills for the Ground Game

CHARLENE AGNE

Charlene Agne is currently working on the Ph.D. degree in health education at Texas Woman's University in Denton. Her bachelor's and master's degrees were in physical education from Concordia, Teachers College, River Forest, Illinois, and the University of Northern Colorado, respectively. She has taught speedball and soccer in college and high school and currently plays center fullback on a soccer team in Denton.

Passing and trapping are two important skills in speedball. Passing, as applied to the ground game, is a technique of advancing the ball by kicking or pushing it directly from one player to another. Trapping is stopping and gaining control of a moving ground ball. The intent of the game is primarily to convert a ground ball to an aerial ball. Many times a ground game proves valuable, but an efficient combination of both the ground game and the aerial game is essential to successful play.

The ground game tends to be the more difficult phase of the game. The following drills will allow the students to practice the fundamentals of passing and trapping and can be challenging enough for teachers to use throughout a unit for any skill level.

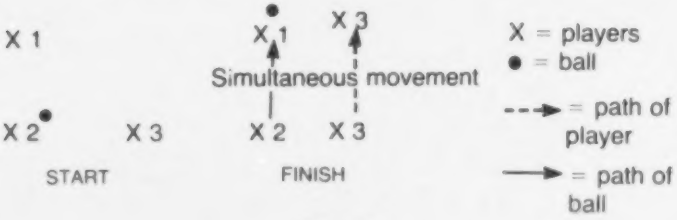

Figure 1.

Square Pass Drill

The objective of this drill is to constantly maintain a right angle relationship among players by using square passes and to keep the players moving to receive a pass.

Directions: This drill involves three persons and a ball (see Figure 1). In Figure 1, player 2 starts with the ball and can either make a square pass to player 1 or to player 3. When player 2 chooses to pass to player 1, player 3 must quickly run to a position to receive a pass from player 1. Player 1 can then pass in the direction of player 3 or back to player 2. In no instance should a diagonal pass be made. By using the instep foot pass, either foot can and should be utilized. The outside foot pass can also be used for this drill but it requires more skill development.

Defensive Square Pass Drill

This drill is designed to give another element of challenge by adding a fourth person for defensive practice.

Directions: See Figure 2. The defensive player(o) can try to outguess the direction of the pass and force the pass receiving player to trap efficiently and return the pass quickly or run the risk of losing the ball. If an error is made, the player making the error switches to defense.

Figure 2.

Circle Pass Drill

The objective of this drill is to practice quick passing and trapping, using the instep foot pass and/or the soccer-style kick.

Directions: See Figure 3. Players form a large circle with one player in the middle with a ball and one of the players in the outer circle with another ball. The player in the center begins by passing the ball to any player on the outer circle, usually a player next to

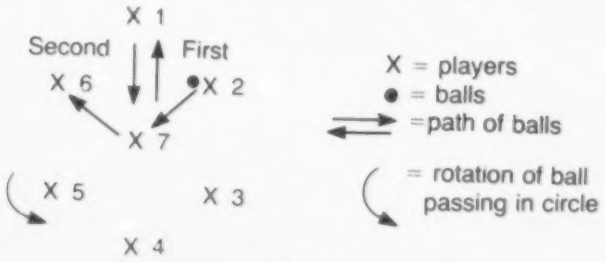

Figure 3.

the one with the other ball. While the inside player's ball is being passed, the outer circle ball should be passed to the center; this is kept up alternately for one or more complete circle cycles. Please note that this drill is easily adapted to the aerial game's passing skills.

Mini-Drill

This drill is designed to simulate game strategy by using a small area that demands good ball control skills of dribbling and passing. This is a small game-like condition in which the A's try to score into the B's goals and vice versa.

Directions: See Figure 4. In this drill, eight cones are needed to represent goal poles. There are six players (three on each side) and one ball. A's are defending the square (□) goals and B's are defending the circle (○) goals. The area, equivalent to a 10-yard radius, enables the players to develop a ground game strategy of dribbling, passing and cutting in order to score as well as the ability to defend their own goal. The mini-game can last any designated period of time, but 20 minutes seems the most desirable. Teamwork and enthusiasm are keys in this drill.

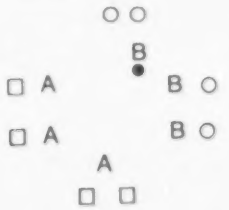

Figure 4.

Any number of drills are as possible as one's imagination. These drills stress passing and trapping fundamentals essential to the ground game. Hopefully they can serve as the building blocks for speedball's ground game to be combined with a dynamic aerial game.

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Speedball Visual Aids

Revised by DEBORAH GEBHARDT
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Lafayette, Indiana

Films

Speedball for Girls. 1948, 11 min., color. Distributor: Coronet Films, 65 E.S. Water St., Chicago, IL 60601. Appropriate for junior high school, senior high school or college. Explains positioning, rules, techniques of developing team cooperation and some individual skill. This film is available only by special order, having been removed from the market because of the outdated fashions of the players. The skills and techniques are still relevant. Refer to the list of Soccer Visual Aids for further help.

Teaching Aids

Magnetic Coaching Kits. Teaching Aids Service, Inc., Visual Education Center Building, Floral Park, NJ.

Speed-A-Way

Speed-A-Way Film. Color, b&w. Distributor: Marjorie S. Larsen, 1754 Middlefield, Stockton, CA 95204. Rental b&w $3.25, color–$4.50; Sale b&w–$65, color–$115. Explains the game and skill techniques.

Speed-A-Way Guide Book. Distributor: Marjorie S. Larsen, 1754 Middlefield, Stockton, CA 95204. Sale $1.75.

Speed-A-Way Sample Tests. A, B, C, tests with answer sheet. Each test is $1.25. Distributor: Marjorie S. Larsen.

Speed-A-Way Visual Charts. 8 charts for bulletin board display. Each set $2.50. Distributor: Marjorie S. Larsen.

OFFICIAL SPEEDBALL RULES FOR GIRLS AND WOMEN

A combination of soccer and basketball, with a few kicking elements of football (the punt and the drop kick), the game of speedball was originated by Elmer D. Mitchell, University of Michigan, Ann Arbor; it was revised for women by the NAGWS Speedball Guide and Rules Committee with Dr. Mitchell's permission.

Note: Changes and/or additions have been indicated by shading.

THE GAME

Speedball is played by two teams of 11 players who line up in their respective halves of the field at the beginning of the game. The ball is put in play by a kickoff from the center. If the ball is raised into the air from a direct kick, it becomes an aerial ball and may be advanced by throwing, air dribbling, volleying, blocking, heading, or kicking. If the ball is rolling, bouncing, or stationary on the ground, it is a ground ball and may be advanced by kicking, dribbling, volleying, blocking, or heading. A score is made by a field goal, drop kick, penalty kick, or touchdown. The team having the larger score at the end of the playing time wins the game.

RULE 1. PLAYING FIELD

Section 1. The entire field shall be a rectangle 100 x 60 yards. For high school girls the entire field may be 80 x 40 yards. The longer boundary lines shall be the sidelines and the two shorter lines, the goal lines.

Note: If field space permits, provide an out-of-bounds touchdown scoring area that is 10 yards in depth, and the same width as the playing field.

Section 2. The entire field shall include the following areas and markings:

a. *Two five-yard lines.* Each five-yard line shall be drawn five yards from the goal line, and shall extend from sideline to sideline.

b. *Two penalty areas.* In front of each goal, parallel to the line and five yards from it, shall be drawn a line from sideline to sideline. The space enclosed by these lines (goal line, sidelines, five-yard line) shall be called the penalty area.

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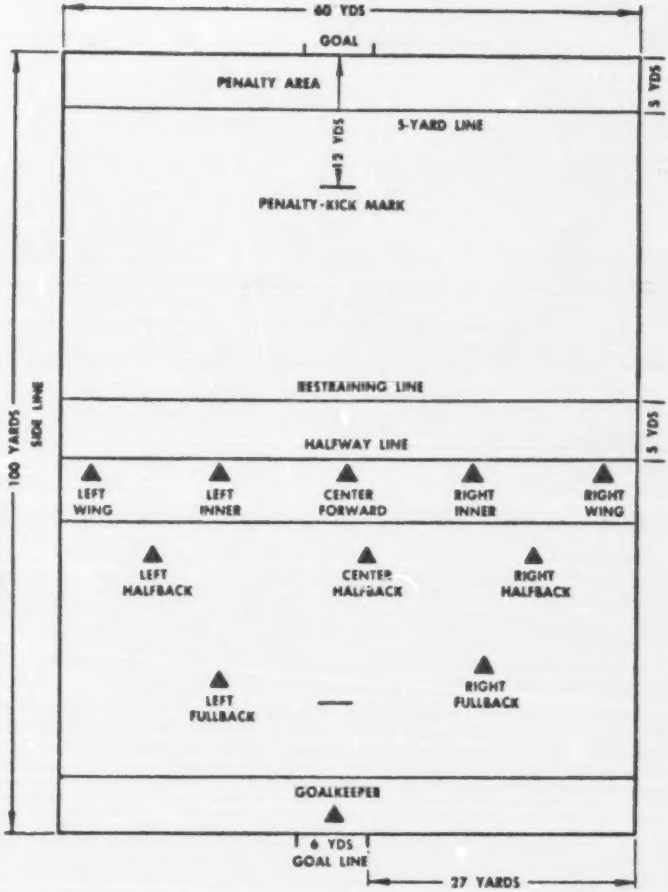
SPEEDBALL FIELD DIAGRAM



Speedball field and lineup for kickoff

c. *Two penalty kick marks.* Directly opposite the center and 12 yards from each goal line shall be drawn a line two feet long. This line shall be called the penalty kick mark.

d. *Goalposts.* The goalposts shall be placed on the goal line an equal distance from the sidelines, and shall be six yards apart. The posts shall be 20 feet in height, with a bar across them 8 feet from the ground. Goalposts are in bounds.

e. *A halfway line.* The halfway line shall be drawn across the field connecting the middle points of the two sidelines. The center of the halfway line shall be indicated.

f. *The restraining lines.* A restraining line shall be drawn from sideline to sideline five yards from and on each side of the halfway line, parallel with it.

RULE 2. PLAYERS AND EQUIPMENT

Section 1. An official team shall be composed of 11 players; that is, 5 forwards (center, right, and left inner, right and left wing), 3 halfbacks (center, right, and left), 2 fullbacks (right and left), and 1 goalkeeper.

Section 2. Each team shall have a costume of distinguishing color **and number. Nylon, leather** or cloth shoes with a rubber or leather disk over the inner side of the ankle and extra tips for protection over the toes may be worn. Leather shoes protect the feet best and may be used, but metal plates or protecting heavy soles are not allowed. Light **plastic** or cloth shin guards may be worn for protection.

Section 3. A captain shall be designated for each team. The captain, or someone appointed to act as captain, must be on the playing field at all times.

Section 4. Substitutes. Substitutes may be put into the game for players who for any reason have been taken out. A player who has been taken out of the game for any reason other than disqualification may be allowed to reenter the game any number of times. Before going into the game, the substitute shall report to the scorer. When the ball is not in play, the scorer shall sound her horn. The umpire shall call time-out and recognize the player, and the substitute shall then take her place on the field. If this procedure takes more than 30 seconds, time-out shall be charged to the team making the substitution. If a team substitutes more than one player at a time, the team is allowed a maximum of 30 seconds for making the substitutions. If both teams make substitutions at the same time, each team shall be allowed a maximum of 30 seconds.

Penalty: If a substitute fails to report to the scorer or umpire before play begins, a penalty kick shall be awarded to the opponents.

If through injury or disqualification a team shall have less than nine players, that team shall forfeit the game.

Section 5. The ball shall be an official soccer ball, **preferably leather.**

RULE 3. OFFICIALS

Section 1. The officials for a match game shall be two umpires, two timekeepers, and two scorers. Two linesmen may assist.

Section 2. Each umpire has approximately one half of the field to cover for the entire game, without changing ends. The field is divided by an imaginary line drawn diagonally from corner to corner. Each umpire is responsible for the sideline nearer her, and the goal line and play behind the goal line to her right.

Note: Each umpire shall take jump balls on her own side of the field as if the field were divided longitudinally. It is the duty of the umpire to see that all free kicks and penalty kicks are taken properly.

A whistle is necessary at the beginning of each quarter and after each goal.

After a whistle signifies that the ball is out of play, no further whistle is necessary to put the ball in play, except in the case of the kickoff and penalty kick, or after a temporary suspension of the game.

Section 3. The umpire on side nearer scorers' table shall recognize substitutes and shall give the time-in signal on the center kickoff.

Section 4. The umpires shall refrain from putting into effect the provision of any rule in cases where they are satisfied that by enforcing it they would be giving an advantage to the offending team, except in cases of dangerous personal contact.

Section 5. The umpire shall forfeit the game if a team refuses to play after being instructed to do so by either official. If the team to which the game is forfeited is ahead, the score at the time of forfeiture shall stand. If this team is not ahead the score shall be recorded as 2-0 in its favor.

Section 6. Two linesmen shall assist if desired. They shall be stationed at opposite sides of the field to each other and shall give decisions as to the ball passing over their respective sidelines and goal lines, and as to where and by which team the ball is to be put in play.

Section 7. There shall be two scorekeepers. One of them shall be official and keep the book. The other scorer shall check the book.

The scorers shall –

a. Record the names of the players and substitutes of each team and their positions.
b. Record all scores made by a team from field goals, drop kicks, touchdowns, or penalty kicks.
c. Record the number of time-outs taken by each team and notify the umpire in case of more than three.
d. Record the team taking the kickoff at quarters.
e. Record personal contact fouls.

Section 8. There shall be two timekeepers. One of these shall be official and handle the stopwatch and signal throughout the game. The other timekeeper shall check on playing time and have charge of time-outs. The timekeeper shall–

a. Keep account of playing time.
b. Subtract time for time-out.
c. Signify by a whistle (preferably of different tone from that of other officials) the termination of each playing period.

RULE 4. DEFINITION OF SPEEDBALL TERMS

Section 1. General

a. *Own goal* is the goal a team is defending.
b. *Own half of field* is that half of the field in which own goal is situated.
c. *Attackers* are the members of the team in possession of the ball.
d. *Defenders* are members of the team which is attempting to gain possession of the ball.
e. *Aerial ball* is one that has been raised into the air directly from a kick by one or both feet and includes the punt, drop kick, and kickup, or a thrown ball which has not touched the ground (Rule 9, Sec. 1, Playing Privileges).
f. *Ground ball* is one that is rolling, bouncing, or stationary on the ground. Although it may be in the air, it is still a ground ball until it is played into the air from a direct kick (Rule 9, Sec. 9, Playing Privileges).
g. *Dead ball.* The ball is dead and may not be played upon except as indicated by the umpire when out of bounds (either at sidelines or goal lines), following a score, after a foul, during time-out, and on a tie ball.
h. *Kickup* is a means of converting a ground ball into an aerial ball, in which the player lets the ball roll up her foot or leg to her hand, or gives an upward impetus to the ball with either one or both feet. The ball may roll up the leg, providing it is in

the air before it is caught, or the player may lift the ball from the ground with the foot.

Note: Before the ball is caught, either the foot must leave the ground or the ball must leave the foot or leg **going into the air; and the foot may then remain in contact with the ground.**

i. *Closely guarded.* The defensive player guards within three feet of the player with the ball.

Section 2. Advancing the ball by means of the feet

a. *Dribble* is a succession of kicks forward in which the player keeps the ball under control and advances it.

b. *Drop kick* is a play in which a caught ball is dropped to the ground and the player kicks it just as it bounces from the ground.

c. *Punt* is a play in which a player drops a caught ball and meets the descending ball with the foot before it touches the ground.

d. *Place kick* is a play in which the player, with or without preliminary steps, kicks a stationary ball. The ball may be lifted into the air or kept on the ground.

Note: A place kick in speedball is taken in the following plays: at the kickoff, for a free kick, and may be taken when the ball passes over goal line not between goalposts.

e. *Free kick* is a place kick from which a goal may be scored directly. It is taken by any player on the team that has been fouled during play of a ground ball.

f. *Indirect free kick* is a free kick from which a goal may not be scored directly.

Section 3. Advancing the ball by means of the hands

a. *Passing* is a movement of the ball in the air caused by a player throwing, batting, or handing the ball to another player.

b. An *air dribble* is a play in which a player, after giving impetus to the ball once by throwing or tapping it, touches it again before it has touched the ground or has been touched by another player.

c. *Free throw* is a throw taken by any player on the team that has been fouled during the play of an aerial ball. The throw is taken from the spot where the foul occurred.

Section 4. Advancing the ball by means of the body

a. *Volley* is a play in which a player meets a ball which is traveling in the air, with some part of the body such as the head, hip, or shoulder.

Note: This does not convert a ground ball to an aerial ball.

Section 5. Means of stopping the ball

a. *Blocking the ball* is intercepting the progress of the ball with

any part of the body. A ground ball may not be blocked with the arms or hands unless they are held in contact with the body.

b. *Trapping the ball* is stopping its flight by securing it under the foot, between both feet, or between the front of the legs and the ground.

Section 6. Fouls

a. A *foul* is an infringement of the rules of the game for which a free kick, free throw, or a penalty kick is awarded the opponents (Rule 13).

b. *Double foul* is an infringement of the rules committed simultaneously by a member of both teams for which a toss-up is awarded.

RULE 5. THE GAME

Section 1. The game shall consist of four quarters of 8 minutes each, with a 2-minute rest interval between the first and second and the third and fourth quarters, and a 10-minute interval between the halves. **Each period begins when the ball becomes alive. It ends when time expires except that if the ball is in flight during a try for score, the period ends when the try ends.**

The periods may be shortened by mutual consent of the captains.

Extra time is permitted to allow for the playing of a penalty kick (Rule 7, Sec. 4).

Section 2. The winner of the toss shall have the choice of either deciding which team shall take the kickoff or selecting the goal which her team is to defend. At the beginning of each quarter thereafter, the kickoff shall be taken by the team which did not kick off at the beginning of the previous quarter.

Section 3. Goals shall be changed at halftime.

Section 4. The game shall be commenced by a place kick from the center of the field in the direction of the opponents' goal. On the kickoff the ball must travel the distance of its circumference or 27 inches from the kicker, either diagonally forward or straight forward of the center line, and may be lifted by the foot to a teammate. The player who kicked the ball may not touch it again until it has first been touched by another player. No opponent shall cross the restraining line and no teammate of the one making the kickoff shall cross the halfway line until the ball has been kicked.

Note: It is suggested that the official hold her whistle in order to determine if any advantage is gained by a breach of this rule. If no

advantage is gained, it is recommended that play be allowed to continue.

Penalty—For any breach of this rule, a free kick shall be awarded to the opponents at the spot where the foul occurred.

Section 5. Following a score, the team which did not score shall kick off.

RULE 6. TIME-OUT

Section 1. Time-out may be taken only when the ball is dead or at any time in case of injury.

Section 2. Time-out may be taken only when ordered by the umpire.

Section 3. Three time-outs of two minutes each shall be allowed each team during a game. The fourth and succeeding time-outs shall constitute a team foul (Rule 13; Sec. 2).

Section 4. Time-out may be taken by the umpire and not charged to a team in case of injury, disqualification or any temporary unavoidable suspension of play.

Section 5. Time-out shall not be granted while the ball is in play, even though the team requesting it shall be in possession of the ball.

Section 6. The clock shall also be stopped after goals, during penalty kicks, and for substitutions.

Section 7. The ball shall be put in play after time-out in the following manner:

a. *If the ball is out of bounds* when time-out is called, it shall be put in play from out of bounds (Rule 8).

b. *If time-out is requested* just after a foul is called, play shall be resumed by putting into effect the penalty for the foul (Rule 13).

c. *If time-out is called* after a goal has been made, the play shall be resumed by a kickoff. (Rule 5, Sec. 4).

d. *In case time-out is called unavoidably* when the ball is in play, the play shall be resumed by a toss-up at the spot where the ball was when time-out was called (Rule 10, Sec. 1 and Rule 8, Sec. 3).

e. *After a goal is made,* the clock is started again on the center kick.

f. *After a penalty kick,* the clock is started as soon as the ball is kicked. If the goal is scored, time is out until the center kick is taken.

RULE 7. SCORING

Section 1. Scoring shall count as follows:

Field goal—2 points	Penalty kick—1 point
Touchdown—2 points	Drop kick—3 points

Section 2. A field goal shall be scored when a ground ball is kicked or legally given impetus with the body so that it passes over the goal line, between the goalposts, and under the crossbar. If such a ball is last touched by a defensive player but goes under the bar, the goal shall count for the offensive side. A field goal may be scored from any spot within the field by any player.

Interpretation. In addition to the above, a field goal shall be scored when a ball has been legally drop-kicked (Sec. 5 for description) and passes under the crossbar or falls to the ground and rolls or bounces across the goal line under the crossbar and between the goalposts. If, however, a drop kick is started outside the penalty area in the field of play and the ball falls upon the ground in the penalty area without crossing the goal line, it may then be played as any ground ball with the possibility of a field goal. A high bouncing ground ball may be legally headed or shouldered into the goal to score a field goal. A ball cannot be punted through to score a goal.

Section 3. A touchdown shall be scored by the completion of a forward pass, the ball being thrown by an attacking player who is outside the penalty area in the field of play, and caught and held by a teammate who is back of the goal line extending from sideline to sideline, with the exception of the part between the goalposts. A pass received by a player standing behind the goal line between the goalposts does not score and the ball is awarded to the defense out of bounds. If the forward pass goes over the goal line and is incomplete, out-of-bounds rules apply.

A player cannot take a step over the goal line for the purpose of scoring a touchdown. She must be completely over the line when the ball is caught in order to score.

Penalty—If a touchdown pass is started from within the penalty area, a free kick shall be awarded the defense from the five-yard line.

Interpretation. If the forward pass is legally intercepted by a defense player who is behind the goal line, the ball shall be awarded to the defense out of bounds. If the ball touches the ground in an unsuccessful effort to score a touchdown, it shall remain in play until a score is made or the ball goes out of bounds

SAMPLE SPEEDBALL SCORESHEET

TEAMS VS

	PLAYERS	SCORE 1st Half PG	1st Half TD	1st Half PK	2nd Half PG	2nd Half TD	2nd Half PK	PERSONAL CONTACT FOULS		PLAYERS	SCORE 1st Half PG	1st Half TD	1st Half PK	2nd Half PG	2nd Half TD	2nd Half PK	PERSONAL CONTACT FOULS
C_{QB}								1 2 3 4 5	C_{QB}								1 2 3 4 5
L_{HB}								1 2 3 4 5	L_{HB}								1 2 3 4 5
R_{FB}								1 2 3 4 5	R_{FB}								1 2 3 4 5
L_{E}								1 2 3 4 5	L_{E}								1 2 3 4 5
R_{HB}								1 2 3 4 5	R_{HB}								1 2 3 4 5
R_{E}								1 2 3 4 5	R_{E}								1 2 3 4 5
C_{HB}								1 2 3 4 5	C_{HB}								1 2 3 4 5
L_{T}								1 2 3 4 5	L_{T}								1 2 3 4 5
R_{FB}								1 2 3 4 5	R_{FB}								1 2 3 4 5
L_{FB}								1 2 3 4 5	L_{FB}								1 2 3 4 5
G								1 2 3 4 5	G								1 2 3 4 5
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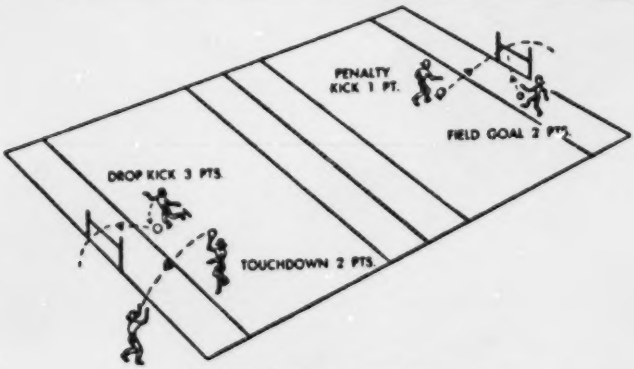
								1 2 3 4 5									1 2 3 4 5
								1 2 3 4 5									1 2 3 4 5
								1 2 3 4 5									1 2 3 4 5

RUNNING SCORE 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

RUNNING SCORE 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

WON BY		WHERE PLAYED	TIME OUTS
SCORE		DATE	
UMPIRES		SCORER	
		TIME KEEPER	



Methods of scoring in speedball.

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or is otherwise declared dead. If the ball is thrown between the goalposts a goal is not scored and out-of-bounds rules apply.

If a touchdown pass is legally thrown and is caught simultaneously by the intended receiver and an opponent, a tie ball is called and the toss-up is taken on the five-yard line opposite the spot where the ball crossed the line.

If a legal touchdown pass is thrown and there are two potential receivers, one of whom catches the ball and legally completes the pass at the same time that the other receiver is fouled against by an opponent, the score shall be awarded and also the penalty kick. This rule also applies to any other foul in the penalty area which occurs simultaneously with the scoring of a goal. If a foul occurs just previous to the act of kicking or passing to score, the goal shall be ignored and the foul called.

After a touchdown has been scored, the ball shall be returned to the center, with the team scored against taking the kickoff.

Section 4. A penalty kick shall be attempted following a contact foul by the defense in its own penalty area, or for a foul by the defense behind its own goal line during an attempted forward pass for a touchdown. This kick shall be a drop kick and must be taken by any member of the attacking team. This kick scores 1 point. (See rule 12 for complete explanation of the penalty kick.)

Section 5. A drop kick is a play in which the person with the ball in her hands drops it to the ground and kicks it as it bounces from the ground. A drop kick shall be scored when the ball has been legally caught and, after being played as above, goes over the crossbar and between the uprights of the goalposts or their imaginary extensions, provided the player taking the kick is outside the penalty area and in the field of play (Interpretation, Rule 7, Sec. 2).

Penalty—If a drop kick is started inside the penalty area, a free kick shall be awarded the defense from the five-yard line.

RULE 8. BALL OUT-OF-BOUNDS

Section 1. Throw-in

When the ball passes wholly over the sideline, a player of the opposite team to that which played it out shall use a throw-in to send it into the field in any direction from the point on the sideline where it left the field of play. The player throwing the ball must stand behind the sideline (not in the field of play) and throw the ball into the field with any kind of one-hand or two-hand throw. The ball shall be in play when it has left the player's

hands, and may be played either as an aerial ball or as a ground ball. The player shall not play the ball until it has been played by another player. No player may stand closer than five yards until the ball leaves the thrower's hand. No goal may be scored directly from a throw-in.

Penalty – For playing the ball again before it has been played by another player, or for any other breach of the rules for the throw-in, the throw-in shall be awarded to the opponents.

Section 2. If the ball goes over the goal line and does not score, whether sent out by attacker or defender, it shall be put in play at the spot where it crossed the goal line, by a punt, drop kick, place kick, or throw-in, unless the ball crosses the line between the goalposts. In this case the ball shall be put in play from behind the goal line at a spot five yards to the side of either goalpost. A player of the opposite team may put the ball in play. (If the defense is awarded the ball, it is usually put into play by one of the backfield players. If the attack is awarded the ball, it is usually put into play by one of the forward line players.) All players must be five yards away until the ball is kicked or thrown.

Penalty – For touching the ball a second time by the person who made the play, for not kicking it forward at least the distance of its own circumference (either diagonally forward or straight forward of the goal line), for allowing the ball to bounce on the line or within the field of play prior to a drop kick or punt, or for any other breach of this rule, the ball shall be awarded to the opponents out of bounds.

Section 3. The ball is caused to go out of bounds by the last player to touch or to be touched by it, provided it is out of bounds because of touching other than a player.

If the ball is out of bounds because of touching or being touched by a player who is on or outside a boundary, such player causes it to go out.

Note: On a touchdown pass if the defender does not catch the ball but knocks it down to the ground, the attacking team will be awarded the ball out-of-bounds.

Section 4. A ball sent out-of-bounds simultaneously by two opponents is put in play by the umpire tossing up the ball between the two opponents who last touched it, at a spot five yards in from the boundary line and directly opposite the point where the ball left the playing field. All players except the two taking the toss-up must be five yards away from the ball until it has been played.

Penalty – For players standing closer than five yards, the toss-up is

taken over. If, in the opinion of the umpire, no advantage was gained, the play shall continue (Rule 10, Tie Ball).

RULE 9. PLAYING PRIVILEGES

Section 1. The ball may be caught or otherwise played with the hands when it is an *aerial ball*, i.e., one that has been raised into the air directly from a kick (a punt and a drop kick are included). A ball thus raised into the air remains an aerial ball until it again hits the ground. An aerial ball that has been caught may be passed, air dribbled, punted, or drop-kicked at option. An aerial ball not yet caught may be blocked in any way by the body. A body block includes kneeing and kicking as well as playing with the head, shoulder, arms, etc. An aerial ball met with a body block remains an aerial ball until it hits the ground.

Section 2. A ground ball is one that is stationary, rolling, or bouncing, even though it may be in the air; when it is bouncing, the ball is ruled a ground ball until it is again raised into the air directly from a kick. A ground ball may be kicked, headed, or bounced off the body. It cannot be played with the hands or the arms. The use of the body, other than the foot, on a ground ball does not convert a ground ball into an aerial ball.

A ground ball may be converted into an aerial one by the following methods:

a. *By a lift to oneself or another player*, i.e., placing the foot under the ball and lifting it into the air from its ground position so it may be caught before touching the ground.

b. *By a kick up to oneself*, i.e., snapping one foot from the top of the ball, as is done with a racket in picking up a tennis ball.

c. *By a two-legged kick up to oneself*, i.e., by securing the ball between the ankles, then jumping into the air and, with a quick knee flexion, placing the ball in position for catching with the hands before it touches the ground.

d. *By allowing the ball to roll up the foot or leg to the hand*, or by giving upward impetus to the ball with either one or both feet.

Note: If the ball leaves the foot and goes into the air the foot need not leave the ground.

Section 3. A player may dribble the ball with her feet at will, or drop a caught ball to the ground if she wishes to kick or dribble.

Section 4. A player may air dribble an aerial ball once, i.e., give impetus to the ball by throwing or tapping it, then touch it again before it has touched the ground once or has been touched by another player.

Interpretation. An illegal air dribble is one in which the ball is thrown into the air more than once and is touched or regained each time by the person who originally gave impetus to the ball. A fumbled catch is not to be considered an illegal air dribble.

Section 5. A player may take or tap an aerial ball from an opponent.

Section 6. Goalkeeper's Privileges

A goalkeeper within her own penalty area may handle the ball. She may—

a. Pick the ball up.
b. Bounce the ball once.
c. Punt the ball.
d. Drop-kick the ball.
e. Throw the ball.
f. Combine a bounce with a punt, or a drop kick, or a throw.
g. **Must not be interfered with** or impeded in any manner when in possession of the ball. Possession includes the act of dribbling with the hands, dropping the ball for a kick, throwing the ball into the air and catching it or clasping both hands or both hands.
h. Take two steps with the ball in her hands preceding a punt, a drop kick, or a throw. The privilege is denied if the punt, drop kick, or throw is combined with a bounce.

A goalkeeper may not—

a. Delay the game by holding the ball longer than three seconds.
b. Carry the ball. Carrying is called when the goalkeeper takes more than two steps while holding the ball.
c. Bounce the ball more than once.
d. Take two steps with the ball if she combines a bounce with a punt, drop kick, or throw.

Penalty—An indirect free kick is awarded for an infringement of any rule governing goalkeeper's privileges at the spot where the infringement occurred.

Section 7. A player who is standing still when catching the ball from a kick or pass may move either foot in any direction provided that the other foot stays at its initial point of contact, but she must get rid of the ball before a second step is completed. If running, the player may use two steps in coming to a stop or in releasing the ball. Violations of this rule shall be known as "traveling with the ball."

Section 8. A player may legally guard an opponent who has the ball. Guarding with one arm in a horizontal plane and the other arm up or down is a legal position. No holding, charging, pushing, or

blocking is permitted. Persons must play the ball and not their opponents (Rule 12, and Rule 13, Sec. 1).

RULE 10. TIE BALL

Tie ball occurs when two players of the opposing team place one or both hands firmly on the ball at the same time, or when a player places one or both hands firmly on the ball already held by an opponent. A tie must be made without personal contact with the body of an opponent except for the hands. The hands are considered part of the ball. A tie ball may also occur when two players of opposing teams momentarily hold the ball between their feet. This must occur without personal contact.

A foul shall be called on a player who—

a. Pulls or spins an opponent into an off-balance position while trying to tie the ball.

b. Makes personal contact in attempting to tie the ball.

By mutual agreement of the captains before the game starts, players may be prohibited from tying the ball already held by an opponent.

If two players of the same team tie the ball and the umpire sounds her whistle in error, the ball shall be put in play from out of bounds at the sideline by one of the players.

When the ball has been tied by more than two players, one of the players from each team shall be selected by the umpire to jump.

When a tie ball occurs, the umpire shall toss up the ball between the two opponents in a plane perpendicular to the ground to a height greater than either of them can reach when jumping so that it will drop between them. The two players shall stand within an imaginary circle (six-foot radius), each with her back to her own goal, until the ball is tapped. The ball must be tapped after it reaches the highest point by one or both players, using one or both hands, and may be tapped no more than twice while the players are within the imaginary circle. Neither player may catch the ball. However, if the ball touches the ground after being tapped, either player may then play it as a ground ball. All other players must be five yards away until the ball has been tapped.

No score shall result from a tip-off which is caught beyond the goal line. Should the ball be batted out of bounds by either player, regular out-of-bounds rules shall apply (Rule 8).

A toss-up on the spot where the fouls occurred shall be awarded after a double foul. No toss-up shall be taken nearer than five yards to a boundary line.

Rule 12. Penalty Kick

Penalty–

1. *For a foul on the toss-up, a free kick shall be awarded the opponents on the spot where the breach occurred.*
2. *For players, except the two taking the toss-up, standing closer than five yards, the toss-up shall be taken again; if, in the opinion of the umpire, no advantage was gained, the play shall continue.*

RULE 11. FREE KICK–FREE THROW

When a foul has been committed by a player outside her own penalty area, a free kick is awarded when the foul was made during the play of a ground ball and a free unguarded throw is awarded when the foul was made during the play of an aerial ball. No player shall approach within five yards of the ball until the kick or throw is taken. Play begins when the ball is kicked or thrown. The ball must travel the distance of its circumference (27 inches). It may be played in any direction. It may be kicked up to another player. The person awarded the kick or throw shall not play the ball again until it is played by another player.

Penalty–

1. *In the event of a player kicking or playing the ball a second time while taking a free kick, a free kick shall be awarded to the opponents where the breach occurred.*
2. *In the event of a player playing the ball a second time while taking a free throw, a free throw shall be awarded to the opponents where the breach occurred.*
3. *In case the ball is not kicked the distance of its circumference, a free kick shall be awarded the opponents.*
4. *If the opponents come closer than five yards and gain an advantage, the free kick or free throw shall be taken again by the same team. If no advantage is gained, the play shall continue.*
5. *If a teammate of a player taking a free kick delays the game by standing closer than five yards, the opponents shall be awarded a free kick. A free throw is awarded to the opponents when the delay occurs while taking a free throw.*

RULE 12. PENALTY KICK

A penalty kick shall be awarded the attack following a contact foul by the defense in its own penalty area, or for a foul by the defense behind its own goal line during an attempted forward pass for touchdown. This kick shall be a drop kick, and must be taken by any member of the attacking team (usually taken by a forward). The

kicker standing behind the penalty kick mark, after the umpire has blown her whistle, may then attempt to drop-kick the ball between the uprights and over the crossbar. The ball must bounce behind the line prior to the kick and it must pass wholly over the penalty kick mark. Only the defending goalkeeper is allowed to guard the goal at this time, and must stand behind the goal line until the ball is kicked.

On penalty kicks, the teammates of the kicker and goalkeeper shall not encroach upon the penalty area until the ball has been kicked. The teammates of the kicker must be in the field of play. The teammates of the goalkeeper may be behind the goal line (except between the goalposts) or in the field of play. *All players must remain behind the penalty kick mark or behind the goal line until the ball has been kicked and may not obstruct a free path to the goal.* If the ball does not go between the uprights and over the crossbar, it shall be considered a free ball and played with all the possibilities of scoring. The kicker may not play the ball a second time until it has been touched by another player. If a goal is scored, the team scored against takes the kickoff.

A field goal cannot be scored directly from a penalty kick.

Penalty—

1. *If an attempt to drop-kick results in a punted ball, or if any type of kick other than a drop kick is executed, a free kick shall be awarded the opponents on the penalty kick mark.*
2. *If the player plays the ball again before it has been played upon by another player, a free kick shall be awarded the opponents on the spot where the second kick occurs.*
3. *If any member of the attacking side encroaches upon the penalty area before the ball has been kicked, a free kick shall be awarded the opponents on the penalty kick mark.*
4. *If any member of the defending side encroaches upon the penalty area before the ball has been kicked, the penalty kick shall be taken again.*
5. *If the player taking the penalty kick permits the ball to bounce on or over the penalty kick mark prior to taking the kick, a free kick shall be awarded the opponents.*

If a penalty kick has been awarded and the whistle sounds for quarter, halftime, or game, extra time shall be allowed to permit the penalty kick to be taken.

RULE 13. FOULS

Section 1. Individual Fouls. An individual foul is any foul involving and charged to an individual player. A player may be disqualified

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for a single offense. Individual fouls shall include --

a. *Blocking.* Personal contact which impedes the progress of an opponent with or without the ball. Forms of blocking include contact resulting from an opponent's entering the path of a moving player without giving that player a chance to stop or change direction, or impeding the progress of an opponent by holding both arms fully extended horizontally.

b. *Charging.* Contact resulting from a player moving her body or the ball into an opponent whose position or path is already established. Contact caused by the momentum of a player who has thrown the ball is a form of charging.

c. ***Charging the Goalkeeper.*** **An opponent with or without playing the ball, charging the goalkeeper in a violent or dangerous manner.**

d. ***Dangerous Kicking.*** **Raising the leg to shoulder height while an opponent is within 6 feet or kicking the ball out of an opponent's hands.**

e. *Pushing.* Thrusting an opponent away by contact with the hand, arm, or body.

f. *Tagging.* Repeated touching of an opponent with the hand, elbow, or body.

g. *Hacking.*

h. *Holding.*

i. *Tripping.*

j. *Handling the ball.* Touching a ground ball with the hands or arms unless the hands and arms are in complete contact with the body.

k. *Traveling with the ball.* Taking more than two steps while holding the ball following a run, or progressing more than one step in any direction while holding the ball at any other time.

l. *Holding the ball.* Retaining possession of the ball in the hands more than 5 seconds in bounds if closely guarded; taking more than five seconds on a free kick or throw or out of bounds; taking more than 10 seconds on a penalty kick.

m. *Unnecessary roughness* Committing any act which might cause injury to an opponent; this includes pulling or spinning a player into an off-balance position while trying to take the ball, kicking the ball from the hands of a person who is converting a ground ball into an aerial ball, or kicking a hard ball directly into a player standing in close range.

n. *Threatening the eyes* of the player in possession of the ball by using the hands in a dangerous manner.

o. *Delaying the game* by unnecessary interference on out-of-

bounds plays and unreasonable delay in taking position on free kicks and penalty kicks.

p. *Air dribbling* the ball more than once.

q. *Drop-kicking for a goal* or attempting a forward pass for a touchdown while within the penalty area.

Section 2. Team fouls shall include–

a. Taking more than three time-outs in a game.

b. Having more than 11 players on the field at one time by one team.

c. Making an illegal substitution in one of the following ways:
   (1) Substituting when the ball is in play.
   (2) Going onto the field of play without reporting to the scorers, then to the nearest umpire before entering the game.

Note: This is not to be considered a foul until play has started. Whenever the failure to report is discovered, play shall be stopped for the penalty kick, which shall be played as any other penalty kick.

Section 3. A player is automatically disqualified and immediately removed from the game when she has committed either of the following:

a. Five personal contact fouls.

b. A single disqualifying foul which is rough or dangerous play, playing continuously with personal contact, or unsportsmanlike conduct.

RULE 14. PENALTIES FOR FOULS

Section 1. Individual fouls made by–

a. A player outside her own penalty area; a free kick where the foul was made during the play of a ground ball or a free unguarded throw if the foul was made during the play of an aerial ball.

b. A defensive player making a contact foul within her own penalty area or behind own goal line: one penalty kick.

c. A defensive player making a non-contact foul within her own penalty area or behind own goal line: one indirect free kick.

d. An offensive player within her own penalty area: an indirect free kick.

e. An attacking player behind opponent's goal line: a free kick or throw on the goal line opposite the place where the foul occurred.

Section 2. Team fouls shall award the opponent one penalty kick each.

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Rule 14. Penalties For Fouls

Section 3. A player may be disqualified and removed from the game if she plays roughly or dangerously or after being warned she displays poor sportsmanship. A free kick, or throw, or penalty kick, as the case may be, is awarded to the opponents.

Section 4. Double foul made anywhere on the field including the penalty areas: A toss-up where the fouls occurred between two offenders.

(*Exception:* If a double foul occurs within five yards of a boundary line, the toss-up shall be taken opposite the spot where the fouls occurred and five yards from the boundary line.)

Double foul behind the goal line: A toss-up between the two offenders on the five-yard line opposite the place where the fouls occurred.

INTERPRETATIONS

Questions may be sent to:

JANE COOK
Swartz Creek High School
Swartz Creek, MI 48473

Include a self-addressed stamped envelope and refer to the number and section of the rules to which your inquiry refers.

Speedball Rules Digest

Compiled by HELEN M. BARTON
University of Illinois, Chicago
Revised by KAY BRECHTELSBAUER
Southern Illinois University, Carbondale

Field and Equipment (Rules 1 and 2)

1. Regulation size—100 x 60 yards
2. Ball—soccer ball
3. Official team—11 players

Officials (Rule 3)

2 Umpires
2 Timekeepers
2 Linesmen
2 Scorers

The Game (Rule 5)

1. Length of game:
   8-minute quarters.
   2-minute intermissions between quarters.
   10-minute intermission between halves.
2. Choice of which team shall take the kickoff or selection of goal awarded to captain winning toss.
3. Goals shall be changed at halftime.
4. Game started by place kick on center line in direction of opponent's goal. Ball must be kicked at least the distance of its circumference. It may be lifted to a teammate.
5. Player taking kick-off may not touch ball again until it is played by another player.
6. On a kickoff, no opponent shall cross the restraining line, and no teammate of the kicker may cross the center or halfway line until ball has been kicked by player taking kickoff.
7. Extra time is permitted to allow for playing off a penalty kick.
8. Time-out is granted only by umpire when ball is dead.
9. Following a score, team scored against shall kickoff.

Substitutes (Rule 2)

1. May be put in only when ball is not in play. A team time-out may be used for substitution.
2. Must report to scorer, and then to umpire and be recognized before entering game.
3. Except for a disqualifying foul a player may reenter any number of times.
4. If a team has fewer than nine players, that team shall forfeit the game.

Scoring (Rule 7)

Drop kick	3 points
Touchdown	2 points
Field goal	2 points
Penalty kick	1 point

WHAT OCCURRED	AWARD	GENERALLY TAKEN BY–	WHERE TAKEN	POSITION OF PLAYERS
Beginning of the Game	Kickoff. (Rule 5)	Center forward.	Center of halfway line.	Teammates behind halfway line. Opponents behind restraining line.
Ball Out of Bounds 1. Over sideline.	Throw-in (Rule 8)	Halfback.	At point where ball left field of play.	All other players five yards away.
2. Over goal line without scoring	Ball put in play by– Place kick Punt Drop kick Throw-in (Rule 8)	Any player of opposite team–usually: 1. A forward line player, if taken by attack. 2. Fullback or goalkeeper, if taken by defense.	At spot where ball crosses goal line.	All other players five yards away.
3. By two players simultaneously.	Toss-up. (Rule 8)	Two players hitting it out.	Five yards from boundary line, opposite where ball left playing field.	All other players five yards away.
Tie Ball	Toss-up (Rule 10)	Two players tying the ball.	On spot where tie occurred. (Not nearer than five yards to boundary line.)	All other players five yards away.
Fouls 1. Individual: kicking, tripping, tagging, handling, traveling, hacking, blocking, holding, pushing, dangerous kicking, charging the goalkeeper. a. Outside own penalty area.	Free kick. Free throw. (Rule 14)	Halfback.	Where foul occurred.	All other players five yards away.
b. Within own penalty area or behind own goal line by defense.	Penalty kick by attack (Rule 7)	Best drop kicker.	Penalty kick mark.	1. All players must be five yards away from kicker and must not obstruct a free path from her to the goal.

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WHAT OCCURRED	AWARD	GENERALLY TAKEN BY–	WHERE TAKEN	POSITION OF PLAYERS
				2. Teammates must be on field of play outside penalty area. 3. Goalkeeper behind goal line and between goal posts.
c. By attack behind opponent's goal line.	Free kick. Free throw. (Rule 14)	Fullback.	On goal line opposite where foul occurred.	Attackers five yards away.
d. By offensive team in own penalty area.	Indirect free kick. (Rule 14)	Forward line player.	On spot where foul occurred. (Not nearer than five yards to boundary line.)	All players five yards away.
e. Double				
(1) On field of play or in penalty area.	1. Toss-up.	Two players who fouled.	On spot where foul occurred.	All other players five yards away.
(2) Behind goal line.	2. Toss-up.	Two players who fouled.	On five-yard line opposite where foul occurred.	All other players five yards away.
Team Fouls Team: more than three time-outs, failure to report substitution to scorer or umpire, more than 11 players on field by one team.	Penalty kick. (Rule 14)	Best drop kicker.	Penalty kick mark.	Goalkeeper behind goal line between goalposts. Player taking kick behind penalty kick mark.
2. Disqualifying: rough or dangerous play, unsportsmanlike conduct, etc.	Free kick, throw, or penalty kick, as case may be. (Rule 14)	Halfback, fullback, best drop kicker, depending on situation.	Where foul occurred or penalty kick mark, as case may be.	Same as above for free kick or penalty kick.

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Techniques of Officiating Speedball

This article was prepared and edited for the NAGWS Soccer-Speedball-Flag Football Guide *by staff members of the department of physical education for women at the University of Nebraska, Lincoln.*

Note: Changes or additions in wording from the previous *Guide* have been indicated by shading.

Revised by JANE COOK

I. GENERAL

A. Qualifications

1. An umpire should know the rules and techniques of the game thoroughly and must be able to make decisions quickly and carry them out decisively.

B. Procedures

1. Know the exact date, time and place of the game.
2. Notify the team at least 24 hours in advance if you are unable to appear. Secure a substitute, if requested.
3. Arrive at least 15 to 20 minutes before game time.
4. Wear a dark-colored skirt, white blouse, and/or jacket. Cleated or nonslip shoes are desirable.
5. Wear a whistle on a lanyard.
6. Have a current *NAGWS Flag·Football-Speedball Guide* available.
7. See that an extra game ball is available at the scorers' table.

II. GAME PRELIMINARIES

A. With Other Umpire

1. Meet with the other umpire to decide which side of the field each one is to take. Each umpire shall stay on the same side throughout the entire game.
2. Confer with the other umpire to review divisions of the field. The field is divided diagonally (Figure 1). Each umpire is responsible for the sideline nearest her/him, and the goal line to her/his right. Exceptions: Each umpire shall take jump balls on her/his own side of the field, as if the field were divided longitudinally. (Figure 2).

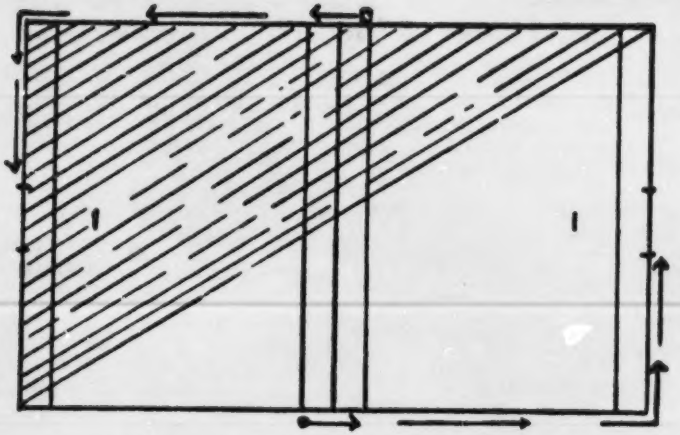

Figure 1. Game division of field for umpires.

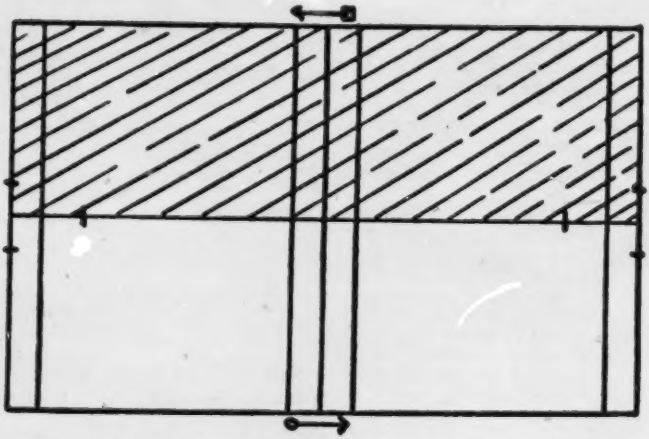

Figure 2. Jump ball division of field for umpires.

3. Review arm signals with the umpire (inside back cover).
4. Discuss need for assistance in calling the play when the umpire is blocked from viewing play in her/his area.
5. Ask the other umpire to assist in determining whether or not the field goal is good. The official on the far end may move onto the field when anticipating a field goal attempted to be at a better angle for making the decision.
6. The umpire on the side nearest the scorers' table shall recognize substitutes.
7. The umpire on the side nearest the scorers' table shall give the time-in signal on the center kickoff.

B. Field

1. Check the playing field and adjacent area for holes and other safety hazards.
2. Check the goalposts to see if they are official.
3. Check the field markings. If the markings are incorrect, have them corrected if possible.
4. The scorers' and timers' table should be far enough away from the sideline as not to interfere with play and the progress of the umpire along the sideline.

C. Players

1. Remind the captains that names of players on the teams should be in the scorebook prior to game time.
2. Meet with captains. Introduce umpires and captains.
3. [redacted]
4. Toss a coin. The captain winning the toss shall have the choice of taking the kickoff or selecting the goal her team is to defend. The other captain has the remaining choice.
5. Call all players together to
   a. Explain any local ground rules.
   b. Point out hazards which might exist on or near the playing field.
   c. Ask if there are any questions. Suggest that questions which may arise during play may be asked between quarters.

D. Other Officials (Timers, Scorers, and Linesmen)

1. Review arm signals.
2. Timers
   a. Check with timers to see that they understand their duties.
   b. Ask the official timer to handle the game watch and to watch and signal when time has expired in each quarter.

c. The official timer shall follow the umpire during the last half minute of playing time so play is stopped immediately.
d. Ask the other timer to check the playing time and to watch and take charge of time for the time-outs.

3. Scorers
   a. Check with the scorers to see that they understand their duties.
   b. Ask the official scorer to take charge of the scorebook and notify the nearer umpire immediately when a team has taken more than three time-outs or made an illegal substitution.
   c. Ask the other scorer to check the scorebook throughout game.
4. Linesmen
   a. If linesmen are assisting, check to see that they understand their duties.

E. Use of Whistle

1. A short blast on the whistle shall indicate halt of play for a foul, tie ball, out-of-bounds, or for injury.
2. Use a longer whistle blast to designate a score and the end of a quarter.
3. If play does not stop on the first whistle, use several blasts.

F. Arm Signals

(See illustrations on inside back cover.)

III. GAME PROCEDURES

A. Putting the Ball in Play

1. General
   a. The umpire onto whose half of the field the ball is to be kicked shall be near the restraining line and ahead of the ball. This will enable her/him to be in line with the ball following the kickoff and at the same time to check that the defending team does not cross the restraining line before the ball is kicked.
   b. The umpire on the opposite side of the field shall watch the kicking team to see that they do not cross the halfway line before the ball is kicked. She should also check that the rules concerning the kickoff itself are observed.
2. Start of game and beginning of quarters
   a. The umpire shall see that the ball is in the proper place for the kickoff.

b. The umpire on the side of the field of the scorers' table shall ask "Captains ready? Scorers and timers ready?" When acknowledgment is received, the umpire blows the whistle to signal that time is in and that the kickoff may be made.

3. Following a score
   a. The umpire on the half of the field the score was made secures the ball and brings it back to the halfway line.
   b. The umpire who is on the side of the field of the scorers' table shall signal by whistling that the kickoff may be made.

B. Fouls and Penalties

To indicate a foul, blow the whistle and extend the arm in the direction the free kick or free throw is to be taken.

1. Individual fouls
   a. Foul by player *outside* her/his own penalty area:
      (1) A free kick or throw shall be awarded the opponents at the spot where the foul occurred and the umpire should stand opposite that spot at the sideline.
      (2) See that all the players are five yards away from the player taking the free kick or free throw.
      (3) For any breach of rules by players taking free kicks or throws, award the ball to the opponents at the spot where the breach occurred.
      (4) For any breach of rules by the opponents where they gain an advantage, retake the free kick or throw. If no advantage is gained, continue play.
   b. Foul by a defensive player within her/his own penalty area or behind her/his own goal line:
      (1) Award a penalty kick to the opponents behind the penalty kick mark. *Note:* If the player fouled against was in the act of catching a legal forward pass for a touchdown and the foul prevented her/him from scoring a touchdown, a touchdown will be scored and one penalty kick awarded.
      (2) The kick may be taken by any player. It must be a drop kick and may be taken after the umpire blows the whistle.
      (3) If the ball goes between the uprights and over the crossbar, one point shall be awarded to the team and a signal given to the scorekeepers. To continue play, the team scored against shall kick off with a center kick.
      (4) If no goal is scored, the ball is considered a free ball and may be played with the possibility of scoring.
      (5) If any kick other than a drop kick is executed, award a free kick to the opponents on the penalty kick mark.

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(6) If the kicker plays the ball before it has been played by another player, award the opponents a free kick where the second kick occurred.
(7) If any player moves closer than five yards to the kicker or a member of the attacking team enters the penalty area before the kick, award a free kick to the opponents on the penalty kick mark.
(8) If the defending side encroaches upon the penalty area before the ball has been kicked, retake the penalty kick.
(9) If the player taking the penalty kick permits the ball to bounce on or over the penalty kick mark prior to the kick, award a kick to the opponents.
(10) If a penalty kick has been awarded and the whistle sounds for a quarter, halftime, or game, allow extra time to take the penalty kick.

c. Foul by the offensive player within her/his own penalty area: an indirect free kick.
d. Foul by an attacking player behind opponents' goal line: Award free kick on the goal line opposite the place where the foul occurred.

2. Double fouls
   a. Award a tossup to the two offenders. The tossup shall be taken on the spot where the foul occurred, although not closer than five yards to the nearest endline or sideline.
   b. If a double foul occurs behind the goal line, a tossup shall be taken five yards into the field of play opposite the spot where the foul occurred.
3. Team fouls
   a. If a team has more than three time-outs or more than 11 players on the field, award the opponents a penalty kick.
   b. If a player does not report to the scorer or umpire before entering the game, wait until the game starts and then award a penalty kick.
4. Disqualifying fouls
   a. Call a foul and [illegible] time out.
   b. Remove the player from the game before the penalty is taken.
   c. Beckon substitute
   d. Award free kick or throw or penalty kick depending on where the foul is committed.
   e. If the person makes a fifth personal contact foul, remove her/him from the game before the penalty is taken.

C. Jump Ball

1. When a tie ball occurs (Figure 1), blow whistle and give the signal for a jump ball. (Umpire should call fouls closely if they occur

when a player attempts to tie a ball held by an opponent.) Move into the field to a spot where the jump is to be taken (Figure 2).
2. Jump balls are to be taken on the spot where the tie occurs, although not closer than five yards to the sideline or the goal line. Should a tie occur within five yards of out of bounds, the jump shall be taken directly opposite the spot but five yards in from the boundary.
3. The umpire tossing the ball is responsible for violations by jumpers. Jumpers should remain on their own side of the imaginary circle; all the other players must remain five yards away until the ball has been tapped. The whistle should be held on a violation to give the jumpers an opportunity to tap the ball. If an offending team does not gain an advantage, the umpire should hold the whistle.

D. Out-of-Bounds

1. A whistle is blown only when needed to stop play.
2. The umpire names the team entitled to the ball and indicates with arm in the horizontal position the direction the throw is to be taken.
3. If an out-of-bounds occurs on own side of the field, stand at the spot where the throw-in is to be taken.
4. If an out-of-bounds is to be taken on the opposite side of the field but in own area, remain on own sideline but directly across the field from where the throw-in is to be taken.
5. If an out-of-bounds occurs at the goal line, see that the ball is placed where it crossed the goal line, although not closer than five yards to the nearest goalpost.
6. All players must be five yards away from the player taking the kick-in (goal line) or throw-in (goal line or sideline).
7. For any breach of rules by the team putting the ball in play, give the ball to the opponents out-of-bounds.
8. For any breach of rules by the opponents of the team putting the ball into play, repeat the play unless the offendees gain no advantage.
9. For a ball put out of bounds simultaneously, call a jump ball five yards in from the spot where the ball went out-of-bounds.

E. Time-Out

1. Blow the whistle, raise a heand overhead, and call "Time-out."
2. Time-out should be called immediately for injury.
3. A team request for time out (other than for injury) shall be called only when the ball is dead. The ball is dead when out-of-

bounds (either at the sideline or goal line) following a score or after a foul or a tie ball.
4. Note where the ball is when a time-out is called.

F. Time-In

1. See that the ball is at the spot where it is to be put in play.
2. When the ball is to be put in play from out-of-bounds. Raise one arm overhead as the ball is given to the player and drop arm sharply as the ball touches a player on the field.
3. When the game is restarted by a jump ball, time-in shall be taken as the ball is tapped.
4. When the game is restarted at the center line or with a free kick, say "Time in with the whistle" and blow the whistle.

G. End of Quarters and Halves

1. Recognize timer's whistle with own whistle and say "End of first quarter" (Half, third quarter, game).
2. Secure the game ball. Do not permit the practice with the ball during intermission.
3. The umpire on the side of the field of the scorers' table shall check the scorebook. Announce the score if not otherwise visible.

H. End of Game

1. Recognize the timer's whistle with a whistle.
2. Both umpires check the scorebook.
3. Both umpires sign the scorebook.

INTERPRETATIONS

Questions on interpretations of the rules should include a stamped, self-addressed envelope and should be addressed to:

JANE COOK
Swartz Creek High School
8320 Ingalls St.
Swartz Creek, MI 48473

Please refer to the rule and section to which your inquiry refers.

Speedball Questions and Answers

KAY BRECHTELSBAUER
Southern Illinois University

1. May a goal be scored directly from a punt?
   No. The ball was not given legal impetus. (Rule 7, Sec. 2)
2. May a goalkeeper pick up a ground ball with her hands and convert it into an aerial ball?
   Yes. This is now consistent with the soccer rules. (Rule 9, Sec. 6)
3. Two players of opposing teams momentarily hold the ball between their feet. Is this a tie ball situation?
   Yes, provided this occurs without personal contact. (Rule 10)
4. May a thrown ball count as a field goal if it hits the ground before passing over the goal line?
   No. A goal is not scored and out-of-bounds rules apply. (Rule 7, Sec. 3)
5. May a score be made directly from a free kick or a center kickoff?
   Yes. A field goal may be scored from any spot on the field provided it is not an *indirect* free kick. (Rule 7, Sec. 2)
6. How is a team penalized for taking more than the legal number of time-outs?
   The team is charged with a team foul and the opponent shall be awarded a penalty kick. (Rule 14, Sec. 2)
7. Player A blocks an aerial ball with her hip. Player B catches the ball after a single bounce and successfully drop-kicks for a goal. Does this goal score?
   No. An aerial ball met with a body block remains an aerial ball only until it hits the ground. Therefore, Player B must play the ball on the ground. (Rule 9, Sec. 1)
8. A player, in the act of catching a legal forward pass for a touchdown, is pushed by an opposing player and drops the ball. Does the touchdown score or is a penalty kick awarded?
   Both. A touchdown will be scored and one penalty kick awarded. (Rule 14, Sec. 1b)
9. If a touchdown pass is caught simultaneously by an offensive and defensive player, is a touchdown scored?
   No. A tie ball is called and the toss-up is taken on the five-yard line opposite the spot where the tie ball occurred. (Rule 7, Sec. 3, Interpretation)
10. May a field goal be scored directly from a penalty kick?

No, not directly, but it can be played by another player as a free

11. When the ball is kicked or thrown against the goalpost in an attempt to score and it rebounds to the penalty area, is the ball in play?
    Yes. The ball is considered in bounds until it is sent wholly over the endline or sideline (Rule 8, Sec. 1). The goalposts are set on the end boundary lines; therefore, they are considered the same as the boundary line. (Rule 1, Sec. 2d)
12. If the ball is in the air in an attempted score (touchdown or dropkick), when the horn blows for a quarter, doe the score count?
    The final horn of the timekeeper shall indicate the end of playing time except when the ball is in flight during a try for a score, in which case the period ends when the try ends. If the initial attempt was successful, the score shall count. (Rule 5, Sec. 1)
13. Is a penalty kick awarded the opposing team if a substitute enters the game and her name is not in the scorebook?
    For every player entering the game whose name is not entered in the scorebook, the opposing team shall be awarded one penalty kick.
14. On an attempted touchdown pass the defensive player deflects the ball and knocks it to the ground. Who gets the ball?
    The offense. The ball is *not* dead until it hits the ground. The last person to touch the ball before it touched the ground was the defensive player.
15. May a player convert a ground ball into an aerial ball by allowing the ball to roll up the foot or leg to her hand?
    Yes, provided *either* the foot leaves the ground *or* the ball leaves the foot and goes into the air. Note that *both* conditions need not exist. (Rule 4, Sec. 1h)
16. On a penalty kick, must the ball bounce behind the line prior to the kick?
    Yes. If the ball bounces behind or in front of the line a free kick is awarded the opponents. (Rule 12)
17. May a player charge the goalkeeper when she is trapping the ball with her hands?
    No. The goalie must not be interfered with or impeded in any manner when in possession of the ball. Possession includes the act of trapping the ball with one or both hands. (Rule 9, Sec. 6h)
    The penalty is a direct free kick awarded to the defense.

Clarification of Rules

1. An indirect free kick is awarded for an infringement of any rule governing goalkeeper's privileges. This penalty also applies to any defensive player who commits a foul other than personal contact (i.e., traveling, handling the ball violations, etc.) within the penalty area. (Rule 9, Sec. 6).
2. An attempted drop kick started within the penalty area. If the ball goes over the crossbar and between the uprights, a free kick is awarded the opponents on the spot of the violation. If the drop kick is unsuccessful, it is considered a ground ball with the possibility of scoring a fieldgoal.
3. If an attempted penalty drop kick fails, it shall be considered a free ball with all the possibilities of scoring.

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ARM SIGNALS FOR SPEEDBALL OFFICIALS

Traveling

No Score

Jump Ball

Time-out

Touchdown or Field Goal, 2 Points

Penalty, Good 1 Point

Drop Kick, 3 Points

Free Throw (Throwing Motion)

Line Violation

Beckoning Substitute

Free Kick

ARM SIGNALS FOR FLAG FOOTBALL OFFICIALS